

express



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Tuesday



A Saints fan welcomes his team back home.

Rebirth: New Orleans revels in return to the Superdome | **23**

'Incompetent': Ex-officers call for Rumsfeld to resign | **4**



Morale Boost: Redskins get a lift from Brunell's heroics | **20**

ENTERTAINMENT

Bell of the TV Ball:

'Veronica Mars' with *Kristen Bell* hangs on for another season. Also, *Brazilian Girls*; Clay Aiken.

>> **13-18**



Weather >> Mostly Sunny



76 | 55

FULL FORECAST ON PAGE 38



Muslim Holy Month Begins

IN PRAYER: An Iraqi girl prays with prayer beads on the first day of Ramadan at the Shiite holy shrine of Imam Ali in Najaf on Monday. The start of the Muslim holy month was punctuated with sporadic violence around Iraq, including an assault on a police station and the discovery of more apparent victims of sectarian death squads in Baghdad. ♦ **Dialogue:** Pope reaches out to Muslim leaders | **Page 9**

Rules for Air Travel Relaxed

Most liquids and gels bought at airports will be permitted

WASHINGTON | Passengers will be able to carry lotions and gels onto airliners again after a six-week ban — but only in tiny containers of 3 ounces or less and only if they're in clear zip-top plastic bags.

Starting Tuesday, air travelers also will be able to buy drinks or other liquids or gels at shops inside airport security checkpoints and carry them on board under partially relaxed anti-terror rules.

If a passenger brings a container larger than 3 ounces from outside, it will still have to be put in checked baggage.

The outright ban on such carry-on items, ordered Aug. 10 after an alleged plot to bomb U.S.-bound jetliners was foiled, is no longer needed, Transportation Security Administration chief Kip Hawley said Monday.

The FBI and other laboratories tested a variety of explosives and found that tiny amounts of substances — so small they fit into a quart-size plastic bag — can't blow up an airliner, Hawley said at a news conference at Reagan National Airport.

Up to 4 ounces of a few items will be permitted in carry-on bags: eye drops, saline solution, nonprescription medicine and personal lubricants.

Larger bottles of liquids and gels from outside — including shampoo, suntan lotion, creams and toothpaste — are allowed only in checked baggage. **LESLIE MILLER (AP)**



Hawley

BIOTECHNOLOGY | Sniffle Cat The world's first hypoallergenic cats are now being sold in the United States for nearly \$4,000 each, WKMG-TV reported. Through breeding and genetic engineering, the cats have less of a protein that causes allergic



reactions, the company selling the pets, Allerca, said. A study of the cats showed that they did not cause sneezing or asthma attacks in people who normally showed these symptoms around other cats. **(EXPRESS) EyeOpeners | Page 2**

eyeOpeners

CHURCH-STATE SEPARATION

Thou Shalt Not Disagree With Us

A Pasadena, Calif., church that has been threatened with the loss of its tax-exempt status because of an anti-war sermon delivered before the 2004 presidential election said Thursday it will fight an IRS order to turn over documents on the matter. "We're going to put it in their court and in a court of law so that we can get an adjudication to some very fundamental issue here that we see as an intolerable infringement of rights," Bob Long, senior warden of All Saints Church, said. He said the church's 26-member vestry voted unanimously to resist IRS demands for documents and an interview with the congregation's rector by the end of the month. (AP)



HIC!

Fighting Fire With Firewater

A Palisades, N.Y., firefighter drunkenly stole a fire truck Thursday and drove it to a burning building to help battle the fire, the Record reported. Raymond Oprey was off-duty and was not called to the fire; however, when he got word, he stole a pumper truck from the fire department in Rockleigh, officials said. On his way to the fire, he radioed the responders, telling them, "I'm on the way," and, "I have the agua," authorities said. Upon arrival, Oprey drove over the parking lot curb and onto the lawn, where he was arrested by police and charged with driving while intoxicated and burglary. (EXPRESS)



DMITRY LOVETSKY/AP

ADAPTATIONS

'Jackass' on Ice

OK, so this isn't really the bring-the-family skating version of the new "Jackass" movie; it's Vladimir Besedin and Aleksey Poleschuk of Ukraine, who performed at the first World Extreme Figure Skating Championship in St. Petersburg, Russia, on Sunday. Still, we'd like to hear what Scott Hamilton has to say about how he would score this landing. (EXPRESS)

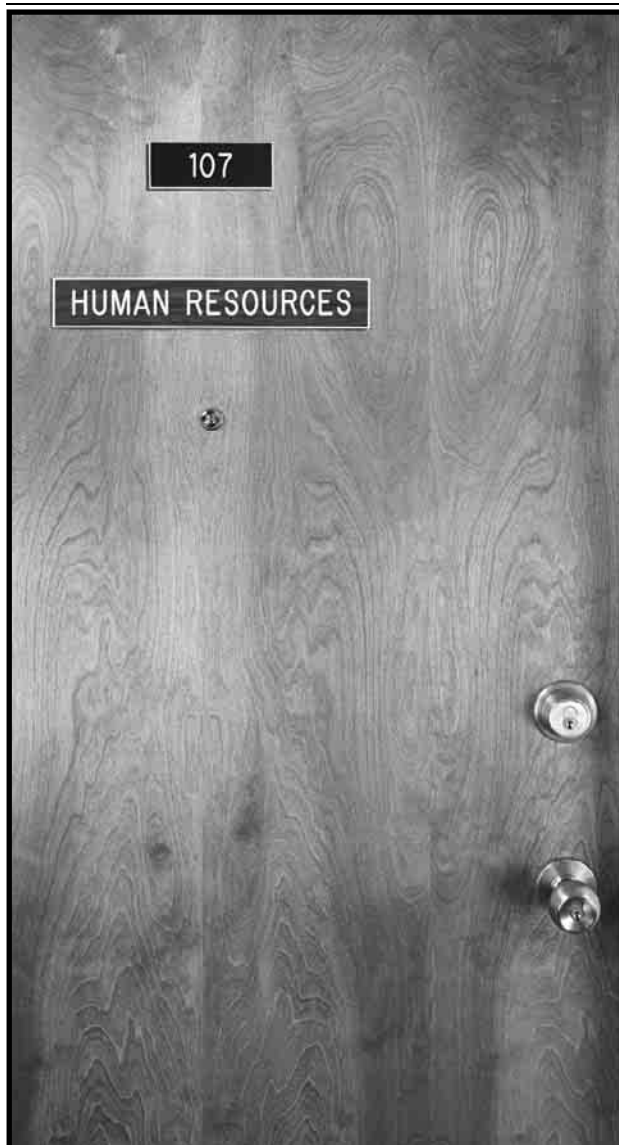


If we go back, customers will complain. If we crash and they perish, they won't.

FOLLOWING ORDERS

We're Going to Do Our Best Not to Die

After an airplane's engine caught fire after takeoff from Los Angeles last year, the pilot opted to "get as far as we can" rather than land the plane, the Guardian reported. Newly uncovered transcripts show that after air traffic controllers told the pilot to get the plane to safety, British Airways officials told him to keep flying to London. (EXPRESS)



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DON'T STOP RELIEVING: Many patients stop taking their medicine far sooner than they should, researchers say. It took only one month after leaving the hospital for 1 out of 8 heart attack patients to quit taking the lifesaving drugs prescribed to them, says a new study.

Nation

In Brief

BLLENHEIM, S.C.

Second Minor Earthquake in A Week Shakes Part of State

A minor earthquake awakened residents early Monday in northeastern South Carolina, the second quake to hit the area in several days. The magnitude 3.7 quake hit at 1:44 a.m. and was centered near Society Hill, about 90 miles southeast of Charlotte, N.C., according to the National Earthquake Information Center in Denver. There were no immediate reports of injuries or damage. (AP)

BURBANK, CALIF.

Schwarzenegger Signs Bills Against Sudan Investments

Gov. Arnold Schwarzenegger, accompanied by activist actors George Clooney and Don Cheadle, on Monday signed legislation to end investment in Sudan by California public employee pension funds and the state university system in an effort to pressure that nation to stop genocidal violence in the Darfur region. The bills prohibit the state's Public Employees Retirement System and the State Teachers Retirement System from investing in firm with active business in Sudan. (AP)

Spotlight on Trafficking

→ Singer Ricky Martin makes his congressional debut Tuesday to lobby for tougher laws and more money to combat global trafficking of children. | **Today, A Section**

IN The Washington Post

Judge OKs Suit on Light Cigarettes

Plaintiffs are granted class-action status in tobacco firms lawsuit

NEW YORK | A federal judge ruled Monday that a jury should decide whether tobacco companies must pay tens of millions of smokers up to \$200 billion for allegedly duping them into buying light cigarettes over the past three decades.

The nation's biggest cigarette makers said they would appeal but their shares sagged on Wall Street as the ruling took the edge off what had

appeared to be an improving legal environment for the industry.

"The plaintiffs are entitled to the chance to prove their allegations," U.S. District Judge Jack Weinstein said in granting class-action status to a lawsuit against industry leader and Marlboro maker Philip Morris USA Inc., its biggest U.S. rival R.J. Reynolds Tobacco Co. and other cigarette manufacturers.

The suit, filed in 2004, alleges the tobacco companies responded to consumers' mounting health concerns with a marketing scheme to promote light cigarettes as a lower-

risk alternative to regular cigarettes, even though their own internal documents showed they knew the risks were about the same.

Smokers' attorney Michael D. Hausfeld said the decision could clear the way for one of the largest class-action cases ever, both in number of plaintiffs and amount of damages. He estimated the class — consisting of anyone who purchased cigarettes that were labeled "light" or "lights" after they were put on the market in the early 1970s — could number up to 60 million.

Lawyers for the tobacco compa-

nies said they would appeal.

"We obviously disagree with the ruling — strongly," said Theodore Grossman, an attorney for Reynolds American Inc.'s R.J. Reynolds Tobacco division.

Last year, the U.S. 2nd Circuit Court of Appeals threw out Weinstein's decision in a 2002 case in which he certified the first-ever, nationwide class-action against tobacco companies. The panel ruled he had stretched the boundaries of the law by allowing the plaintiffs to seek only punitive damages.

TOM HAYS (AP)

PENNSYLVANIA | PRAYER VIGIL FOR SLAIN GIRL



COMMUNITY ACTION: Members of One Day at a Time hold a prayer circle on Monday in Philadelphia for Cashae Rivers, 5, who was killed by a stray bullet on Sunday while in her mother's car during an apparent gunbattle.

Provision in Detainee Bill Draws Protests

Specter leading effort to grant suspects right to challenge custody

WASHINGTON | The Bush administration's deal with Senate Republicans over detainee treatment drew protests Monday from former diplomats, lawyers and a GOP committee chairman.

They oppose a provision that would strip federal courts of jurisdiction over cases in which detainees have not been charged with war crimes. The effect, said those opposed, would be to deny terrorism suspects the ability to

challenge their detention, a right afforded defendants in military and criminal courts.



Specter

Leading the charge was Senate Judiciary Committee Chairman Arlen Specter, R-Pa., who is planning an effort to delete that provision from the bill, expected to be considered in both the Senate and the House this week.

Specter refused to commit to voting for the bill should his amendment fail. (AP)

Allergies?

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Nation



HOT OUT HERE: The planet's temperature has climbed to levels not seen in thousands of years, researchers report in Tuesday's issue of Proceedings of the National Academy of Sciences. Scientists say the Earth has been warming at a rate of 0.36 degree Fahrenheit per decade for the last 30 years.

Rumsfeld Urged to Resign Over Iraq

Retired officers say the defense secretary has badly bungled the war

WASHINGTON | Retired military officers on Monday bluntly accused Defense Secretary Donald H. Rumsfeld of bungling the war in Iraq, saying U.S. troops were sent to fight without the best equipment and that critical facts were hidden from the public.

"I believe that Secretary Rumsfeld and others in the administration did not tell the American people the truth for fear of losing support for the war in Iraq," retired Maj. Gen. John R. S. Batiste said in remarks prepared for a forum conducted by Senate Democrats.

A second military leader, retired Maj. Gen. Paul Eaton, said Rumsfeld is "incompetent strategically, operationally and tactically."

"Mr. Rumsfeld and his immediate team must be replaced or we will see two more years of extraordinarily



Retired officers John Batiste, second from left, and Paul Eaton, left, talk with Sens. Charles Schumer, Dick Durbin and Hillary Rodham Clinton after their testimony Monday.

bad decision-making," he added in a statement prepared for the policy forum, held six weeks before the Nov. 7 midterm elections in which the war is a central issue.

Sen. John Cornyn, R-Texas,

dismissed the Democrat-sponsored event as "an election-year smoke screen aimed at obscuring the Democrats' dismal record on national security."

Senator Arlen Specter said elec-

tion-season politics may be what's standing in the way of finding a solution to the insurgency in Iraq.

"My instinct is once the election is over there will be a lot more hard thinking about what to do about Iraq and a lot more candid observations about it," said Specter, R-Pa.

The conflict, now in its fourth year, has claimed the lives of more than 2,600 American troops and cost more than \$300 billion.

Sen. Byron Dorgan, D-N.D., the committee chairman, said last week that he hoped the hearing would shed light on the planning and conduct of the war. He said majority Republicans had failed to conduct hearings on the issue, adding, "if they won't ... we will."

A government-produced National Intelligence Estimate released last week concluded the war has helped create a new generation of Islamic radicalism and that the overall terrorist threat has grown since the attacks of Sept. 11, 2001. DAVID ESPO (AP)

Army Extends Iraq Service For 4,000 Soldiers

WASHINGTON | The Army is stretched so thin by the war in Iraq that it is again extending the combat tours of thousands of soldiers beyond the promised 12 months — the second such move since August.

Soldiers of the 1st Brigade, 1st Armored Division had been expecting to return to their home base in Germany in early January. Instead, they will stay in Iraq at least until late February, several officials said Monday.

The soldiers are operating in western Anbar province, one of the most violent and dangerous parts of Iraq.

Of the 142,000 U.S. troops now in Iraq, nearly 120,000 are Army soldiers.

The tour extension affects between 3,500 and 4,000 soldiers in the brigade, officials said. They spoke only on condition of anonymity because the Pentagon had yet to make an announcement. (AP)

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Nation

Marines Charged In Iraqi's Death

Three troops to face courts-martial in April killing in Hamdania

SAN DIEGO | Three Marines based at Camp Pendleton will face courts-martial on murder charges in the death of an Iraqi man in the town of Hamdania, the Marine Corps said Monday.

Gen. James Mattis, the commanding general in the case, said he would not seek the death penalty.

The three were among seven Marines and one Navy corpsman charged with kidnapping and murdering 52-year-old Hashim Ibrahim Awad on April 26.

According to prosecutors, the Marines and sailor kidnapped Awad, bound his feet, dragged him from his home and shot him to death in a roadside hole. All seven have been held in the Camp Pendleton brig since May.

The ruling came after preliminary hearings were held in recent weeks for Pfc. John J. Jodka, 20, Cpl. Marshall L. Magincalda, 23, and Lance Cpl. Jerry E. Shumate, 21. The four other Marines and

Navy corpsman face preliminary hearings in coming weeks to determine whether they should be court-martialed.

Jodka, Magincalda and Shumate will also face other charges that include conspiracy, housebreaking and wrongfully seizing and holding a victim against his will.

The Marines dropped some charges against all three men, including an assault charge against Magincalda and Shumate.

Joseph Casas, an attorney for Jodka, said he was pleased that some charges had been dropped.

"[Jodka] is looking forward to getting a fair court-martial and moving this forward as expeditiously as possible," Casas said.

Jodka is accused of firing on Awad. Magincalda is suspected of binding Awad's feet and kidnapping him.

Shumate is suspected of firing his M-16 at Awad, then lying to investigators about what had happened.

Under military code, the hearings determine whether the defendants should face courts-martial.

THOMAS WATKINS (AP)

GEORGIA | IT'S A GIRL PANDA AT ATLANTA ZOO



JOHN SPINK/AP

HANDLE WITH CARE: Zookeepers examine a female baby panda at Zoo Atlanta on Monday. The cub was removed from its birthing den on Monday for the first time for a checkup, 19 days after it was born to panda Lun Lun.

Rheumatoid arthritis, Lupus, Scleroderma or Myositis?



Doctors at the National Institutes of Health (NIH) are conducting pioneering research in understanding the genetic and environmental risk factors that may result in autoimmune diseases. The goal of study 03-E-0099 is to assess why one sibling or twin in a family developed an autoimmune disease and why the other brother or sister did not. The study consists of a blood draw, urine collection and completing surveys. There is no charge for evaluations and medical tests at the NIH. Compensation is provided for both participants and their referring physician.

You may qualify if:

You have rheumatoid arthritis/juvenile rheumatoid arthritis, lupus, scleroderma or myositis. You were diagnosed within the last 4 years. You have a twin or sibling of the same gender within 4 years of age without an autoimmune disease.

Both children and adults are eligible.

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Location of the Study:

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National Institutes of Health

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NIH Vaccine Studies Volunteer Today

The National Institute of Child Health and Human Development is seeking healthy men and women, ages 18 to 45, to participate in an investigational typhoid vaccine study (06-CH-0070) or an investigational anthrax vaccine study (04-CH-0283) conducted at the National Institutes of Health Clinical Center in Bethesda, Maryland.

Compensation will be provided.

Parking is provided to the participant at no cost.

The NIH Clinical Center is conveniently located on the metro red line (Medical Center stop).

Please call 1-800-411-1222 (TTY:1-866-411-1010)

<http://clinicaltrials.gov>

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Research Study Trying to Improve Depressive Symptoms Quickly

Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. The study also tries to see if it can sustain the results with another medication in certain patients. Understanding how this works may help us understand depression and design better antidepressants. NIMH is seeking people ages 18-65 with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
- Willing to participate in a minimum of a 12-day inpatient stay

Research medications provided free of charge.
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<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov

Ever Have Anxiety Attacks?

- Felt your heart racing or pounding for no reason?
- Felt short of breath?
- Started to shake or sweat without warning?
- Felt dizzy or lightheaded?
- Felt afraid you might die?

If these attacks were unexpected and you were afraid of having another one, you may have (or previously had) an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers over 18 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder. Participation will include a free physical and mental health assessment.

Compensation available for participation
For more information call:
301-496-5645 (TTY: 1-866-411-1010)
<http://patientinfo.nimh.nih.gov> or for other studies: www.clinicaltrials.gov



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National Institutes of Health, Department of Health & Human Services

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FOR SALE: Twenty-one watercolors and two sketches attributed to Adolf Hitler are up for sale Tuesday, forcing a tiny auction house in southwest England to install multiple telephone lines to accommodate an expected crush of bidders.

World

In Brief



Thai soldier stands atop a tank outside the Marble temple in Bangkok Monday.

BANGKOK, THAILAND **Military Council May Freeze Assets of Ousted Leader**

Thailand's military rulers may freeze the assets of ousted Prime Minister Thaksin Shinawatra and members of his Cabinet if evidence is found that they tried to transfer their wealth abroad, the head of a newly appointed anti-corruption panel said Monday. The military council that ousted Thaksin last week also announced it would have a say in the creation of a new permanent constitution, reserving a political role for itself despite its vow to hand over power to an interim civilian government. (AP)

ISLAMABAD, PAKISTAN **Musharraf Denies Coup**

A nationwide power outage sparked wild rumors of a weekend coup in Pakistan that were flatly denied Monday by President Gen. Pervez Musharraf as he continued a headline-grabbing trip to the U.S. The speculation caused little stir on Pakistani streets but the story was carried on most front pages here Monday. (AP)

JERUSALEM **Report: Olmert Held Secret Meeting With Saudi Official**

An Israeli newspaper reported Monday that Prime Minister Ehud Olmert secretly met with a senior Saudi Arabian official to discuss Iran's nuclear program and peace between Israel and the Palestinians. Olmert later told the Web site of the daily, Yediot Ahronot, that he didn't hold talks with Saudi King Abdullah, but he did not deny meeting with a high-ranking Saudi. (AP)

British Kill Escaped Qaeda Member

Al-Farouq suspected of leading terrorist group's Asia operations

BAGHDAD, IRAQ | A leading al-Qaeda terrorist was killed on Monday by British forces in southern Iraq more than a year after he embarrassed the U.S. military by making a daring escape from a maximum security military prison in Afghanistan, officials said.

The pre-dawn operation by 250

British troops from the Princess of Wales's Royal Regiment in southern Basra resulted in the death of Omar al-Farouq, who was shot after opening fire on the troops, British forces spokesman Maj. Charlie Burbridge said.

In Baghdad, nearly all of Iraq's ethnic and sectarian groups praised a deal that broke an impasse over Iraq's territorial makeup that threatened further violence and political instability.

Omar al-Farouq was killed dur-

ing a raid on his home in Basra, 340 miles southeast of Baghdad, British forces spokesman Maj. Charlie Burbridge said.

"We had information that a terrorist of considerable significance was hiding in Basra, as a result of that information we conducted an operation in an attempt to arrest him," Burbridge told The Associated Press by telephone. "During the attempted arrest Omar Farouq was killed, which is regrettable because we wanted to arrest him."

He said he could not comment on whether it was the same man who led al-Qaeda's Southeast Asia operations, citing British policy not allowing him to link an individual to a specific organization.

But a Basra police officer, speaking on condition of anonymity, said it was the same man, adding al-Farouq was known to be an expert in bomb making. The officer said al-Farouq was going by the name Mahmoud Ahmed in Basra, adding that he entered Iraq three months ago. (AP)

ROME | MOURNERS RALLY AGAINST EXECUTION OF CATHOLICS



IN PROTEST: People take part in a wake in front of Indonesian embassy in Rome Monday to protest the execution of three Roman Catholics last week in Indonesia. The three were killed for leading a militia that killed Muslims in 2000-01.

Iran Says Nuke Talks 'On Track'

Foreign minister says meeting with Western powers will be soon

UNITED NATIONS | Nuclear talks between top Iranian and European officials are "on track" and could pave the way for a negotiated solution to the dispute over Iran's nuclear program, Iran's foreign minister said Monday.

But Foreign Minister Manouchehr Mottaki told The Associated Press that Iran still believes there should be no conditions on the resumption of negotiations, implicitly rejecting demands that Tehran first suspend uranium enrichment.

European Union foreign policy chief Javier Solana and Iran's top nuclear negotiator Ali Larijani have held two rounds of preliminary talks to discuss Iranian questions about a package of incentives put forward by six key nations — Britain, France, Germany, the United States, China and Russia — if Tehran agrees to suspend its enrichment program and return to full-scale negotiations.

Mottaki said Solana and Larijani will hold their third meeting "very soon," probably in Europe, though he did not have an exact date or location. EDITH M. LEDERER (AP)

Hu Dismisses Shanghai's Top Leader

SHANGHAI, CHINA | Shanghai's top leader was dismissed Monday for alleged corruption, the highest level official to be sacked in more than a decade as President Hu Jintao consolidates his power.

Chen Liangyu was fired as Shanghai's Communist Party secretary, kicked off the party's powerful Politburo and is under investigation by its anti-graft watchdog,

the official Xinhua News Agency said. His dismissal "demonstrates the party's determination to fight corruption," Xinhua said.

The move ends a potential challenge to Hu, who has been targeting political



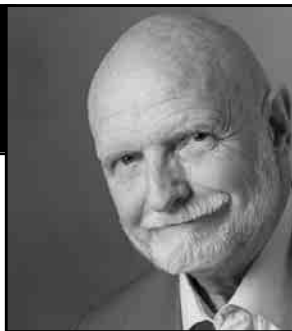
Chen

opponents through an anti-corruption crackdown in the run-up to a key party congress in 2007. That meeting will reapportion jobs among the political elite, with Hu, who heads the party, expected to install favored leaders for his second five-year term.

As a senior member of the party's so-called "Shanghai faction," the 59-year-old Chen was considered a protege of former President Jiang Zemin. (AP)

Do you have tongue weakness, a tongue movement coordination problem, or swallowing difficulty?

Researchers at the National Institutes of Health (NIH) are conducting a research study to learn more about the structure and function of the tongue and how it is affected by aging and disease. A history and physical, MRI, and other studies are conducted during your participation.



You may qualify if:

- You are 21 years of age or older.
- You have tongue weakness, a tongue movement coordination problem, or swallowing difficulty due to a neurologic disorder, oral cancer, or a muscle disease.

You may not qualify if:

- You have a pacemaker, metallic implant, or other form of metal in your body.
- You have a condition that severely affects your heart rate or breathing.

Duration of study:

- This is an outpatient study that requires 5 or more visits, each 1-2 hours long.
- All study related tests at the NIH Clinical Center are provided at no cost.

Location of study:

- National Institutes of Health, Bethesda, Maryland accessible by metro via the Red Line (Medical Center stop).
- Parking is provided at no cost.

For more information please call:

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Se habla español <http://clinicaltrials.gov>

Refer to studies 01-CC-0044 and 01-CC-0135



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World

Afghan Women's Activist Is Killed

Taliban commander claims responsibility in death of teacher

KANDAHAR, AFGHANISTAN | Gunmen on a motorbike Monday killed an Afghan women's rights activist who ran an underground school for girls during the Taliban's rule — the latest victim of increasingly brazen militants targeting government officials and schools.

Safia Ama Jan, a provincial director for Afghanistan's Ministry of Women's Affairs, was slain outside her home in the southern city of Kandahar as she was on her way to work, said Tawfiq ul-Ulhakim Parant, senior adviser to the women's ministry in Kabul.

"The enemy of Afghanistan killed her, but they should know it will not derail women from the path we are on. We will continue on our way," said Fariba Ahmedi, a

female member of parliament from Kandahar who joined hundreds of men and women, including the provincial governor, at the funeral at a packed Shiite mosque.

Mullah Sadullah, a regional Taliban commander, claimed



Ama Jan

responsibility for the killing in a telephone call to The Associated Press. It was impossible to verify the claim, and the two attackers fled

after the shooting.

A teacher for more than three decades, Ama Jan was known for being an active proponent of women's rights in this former Taliban stronghold. Although she was a women's activist, she always wore a burqa, and was fatally shot while wearing the traditional Islamic garment, her son said. NOOR KHAN (AP)

ENGLAND | A BIRTHDAY BALL



MAX NASH/AP/GETTY IMAGES

TERRIFIC TWO: Euan celebrates his second birthday by heading and kicking a ball given to him Monday at Whipsnade Zoo, which is north of London.



THE TRUTH IS OUT THERE: Britain's Ministry of Defense sought to prevent the public from knowing about the work of a unit, known as DI55, that investigated reported sightings of UFOs, the Guardian reported Monday.

World

Pope Urges Faiths to Reject Violence

Benedict meets with Muslims in effort to quell furor over speech

CASTEL GANDOLFO, ITALY | Seeking to end anger in the Islamic world about his remarks on holy war, Pope Benedict XVI told Muslim envoys Monday their two faiths must overcome historic enmities and together reject violence, saying the future of humanity is at stake.

The pope also urged "reciprocity" in religious freedom, calling for preserving the rights of Christians throughout the Islamic world.

He did not dwell on the contested remarks, in which he quoted a 14th-century Byzantine emperor as saying: "Show me just what Muhammad brought that was new, and there you will find things only



Pope Benedict XVI shakes hands with Ahamad Abdulkareem Al-Ibrahim, Kuwait's ambassador to the Holy See, prior to meeting with Muslim diplomats Monday.

evil and inhuman, such as his command to spread by the sword the faith he preached."

Benedict has already expressed regret for offending Muslims and said his remarks did not reflect his personal views, but he has not offered a complete apology as some have sought. Still, his five-minute address Monday at a meeting with 22 foreign diplomats and representatives of Italian Muslim organizations — whom the pope greeted one by one, clasping their hands — seemed to be well received by his guests at his vacation palace in the Alban Hills south of Rome.

"The Holy Father stated his profound respect for Islam. This is what we were expecting," Iraqi envoy Albert Edward Ismail Yelda said. "It is now time to put what happened behind and build bridges." (AP)

Judge Tosses Saddam From Genocide Trial

BAGHDAD, IRAQ | The chief judge in Saddam Hussein's genocide trial threw the ex-president out of the courtroom Monday in a stormy session boycotted by the former ruler's defense team.

"I have a request here that I don't want to be in this cage any more" Saddam said, referring to the court. He waved a yellow paper before he spoke to chief judge Mohammed Oreibi al-Khalifa.

Al-Khalifa snapped back: "I'm the presiding judge. I decide about your presence here. Get him out!" — pointing to guards to take Saddam out.

"You need to show respect to the court and the case, and those who don't show it, I'm sorry, but I have to apply the law," the judge said. (AP)

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	TIME	ARTIST	LOCATION
WEDNESDAY OCTOBER 4	7:30PM	Paquito D'Rivera & Special Guest Roy Hargrove present "Viva Las Americas"	Inter-American Development Bank Cultural Center
	8:00/10:00PM	Presented with the IDB Cultural Center	
	9:00/11:00PM	Mike Stern Trio	Blues Alley
	9:00/11:00PM	Thad Wilson Quartet	Bohemian Caverns
	9:00/11:00PM	Ted Baker Quartet	Cafe' Nema
THURSDAY OCTOBER 5	9:00/11:00PM	Allyn Johnson & Larry Willis	Twins
	10:30AM	Na'Rimbo Mariachi Band (Mexico) / Student Concert	Inter-American Development Bank Cultural Center
	11:00AM	Dr. Billy Taylor/ Jazz Alliance Int'l presents An NEA Jazz Master Residency	Howard University
	1:30PM	Victor Masondo (South Africa) / Student Concert	Lincoln Theatre
	6:00PM	U.S. Army Jazz Ambassadors	Kennedy Center * Millennium Stage
	8:00PM	Randy Weston, Victor Masondo & Lalela, Guest: Roy Hargrove	Lincoln Theatre
	8:00PM	Duke Ellington Homage — An African Ellington Tribute	
	8:00PM	Luciana Souza Quartet	Library of Congress
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	8:00/10:30PM	Dick Morgan Quartet	Willard-Intercontinental Hotel * Cafe' 1401
FRIDAY OCTOBER 6	9:00/11:00PM	International Jazz Showcase: Edmar Castaneda (Colombia)	Busboys & Poets
	9:00/11:00PM	Steve Williams Quintet	Bohemian Caverns
	9:00/11:00PM	Organismo	Twins
	9:00/11:00PM	Young Lions	Cafe' Nema
	11:00AM	Randy Weston, An NEA Jazz Masters Residency	University of The District of Columbia
	12:00 Noon	Meet the Artist: Thembi Mtshali-Jones South African Playwright/Actress/ Vocalist	National Museum of Women in the Arts
	6:00PM	Afreobop Alliance, Special Guest Michael Philip Mossman	Smithsonian Jazz Cafe
	7:30PM	Geri Allen Trio, featuring Ron Carter & Jimmy Cobb	Kennedy Center * Terrace Theater
	7:30PM	Stephanie Jordan	The Arc (Anacostia)
	8:00PM	Roy Haynes Quartet, Paquito D'Rivera & The United Nation Orchestra, Co-presentation with WPAS	Lincoln Theatre: NEA Jazz Masters Concert
SATURDAY OCTOBER 7	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	9:00/11:00PM	Frederic Yonnet	Busboys & Poets
	9:00/11:00PM	Jason Marshall Quartet	Twins
	9:00/11:00PM	International Jazz Showcase: Eugenio Toussaint Trio (Mexico)	Bohemian Caverns
	9:00/11:00PM	Thembi Mtshali-Jones (South Africa)	Cafe' Nema
	12:00 Noon	Roy Hargrove Quintet, Poncho Sanchez, Dr. John, John Scofield (plays the music of Ray Charles), Special Guest Mavis Staples Nasar, Abadey & SUPERNOVA Janis Siegel "A Thousand Beautiful Things"	Jazz on The National Mall, Sylvan Amphitheatre
	7:30/9:30PM		Kennedy Center * KC Jazz Club
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	9:00/11:00PM	DC Bass Choir: Michael Bowie, Herman Burney, Jr & James King	Busboys & Poets
	9:00/11:00PM	International Jazz Showcase: Eli Degibri Quartet (Israel)	Bohemian Caverns
SUNDAY OCTOBER 8	9:00/11:00PM	Jason Marshall Quartet	Twins
	9:00/11:00PM	Diego Urcola Quintet (Argentina)	Cafe' Nema
	12:00 Noon	Paquito D'Rivera Presents: Michael Philip Mossman & Soul de Corona, Featuring Antonio Hart	National Gallery of Art Sculpture Garden
	12:00 Noon	Jazz Brunch	JW Marriott Hotel
	2:00PM	Family Concert: Duke Ellington's Nutcracker Suite & Other Favorites	Lincoln Theatre
	7:30PM	A Night at the Cotton Club: The New Washingtonians Featuring Esther Williams & Conducted by Davey Yarborough	Willard-Intercontinental Hotel * Ball Room
	8:00/10:00PM	Guests: Avery Brooks, Paquito D'Rivera, & Roy Hargrove	
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	8:30/10:30PM	International Jazz Showcase: Gino Sitson & Vocal Deliria (Cameroon)	Busboys & Poets
	9:00/11:00PM	Will Smith & The W.E.S. Group	Twins
9:00/11:00PM	TBA	Bohemian Caverns	

Sponsored in part with a grant from the Government of the District of Columbia, Anthony Williams, Mayor

Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-357-5039 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com

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SET THE CANDIDATE: New York Sen. Hillary Rodham Clinton appeared Monday in Adelphi, Md., for a Democratic fundraiser. The event at the Inn and Conference Center at the University of Maryland was billed as a rally with Maryland Democrats.

Local



Sen. George Allen, R-Va., talks in Richmond, Va., on Monday about allegations that he used a racial slur while on the football team at the University of Virginia.

Accusations of Racism Draw Denials by Allen

Says ex-teammate at UVa. lied about use of slur, deer-head prank

RICHMOND, VA. | Sen. George Allen on Monday denounced as “ludicrously false” allegations from a former college football teammate that he frequently used a racial slur to refer to blacks in the early 1970s and that he once stuffed a severed deer head into a black household’s mailbox.

Allen’s campaign also released statements from four other ex-teammates defending the senator and rejecting Dr. Ken Shelton’s claims, made against the former University of Virginia quarterback Sunday.

“The story and his comments ... are completely false,” Allen said. “I

don’t remember ever using that word and it is absolutely false that that was ever part of my vocabulary.”

The Republican is a possible presidential candidate for 2008, but questions about racial insensitivity have arose in his re-election bid against Democrat Jim Webb.

Allen’s use of the word “macaca” to refer to a Webb campaign volunteer of Indian descent in August prompted an outcry. The word denotes a genus of monkeys and, in some cultures, is considered an ethnic slur. But the senator said he had simply made up the word.

Shelton, a Hendersonville, N.C., radiologist who was a tight end and wide receiver for the university, said Allen used the n-word only around white teammates. **BOB LEWIS (AP)**

Double trouble: Accusations of racism are seconded by another man, who Allen says is an activist whom he has never met in his life. **Today’s Post Metro**

Williams Wants a Development Plan

WASHINGTON | Mayor Anthony Williams is urging the D.C. Council to adopt a new comprehensive plan to guide the city’s future.

Williams and staffers from the Office of Planning have worked with residents, consultants and others for four years on proposals included in the proposed plan.

It includes reclaiming areas like

New York and Georgia avenues, the Southwest waterfront and Saint Elizabeth’s Hospital, for development of new neighborhoods and commercial districts.

Williams says the plan will direct three quarters of the projected job growth to areas in the central city or along the Anacostia River. Officials expect to gain 125,000 new jobs and

Mid May Face New Charges

Different case against Navy football player is weighed by Academy

COLLEGE PARK, MD. | A U.S. Naval Academy football player could face new charges in the sexual assault case against him, academy officials said Monday, even as his original case was dropped a day before it was to go to trial.

Kenny Ray Morrison, of

Kingwood, Texas, was to face a special court-martial Tuesday at the Washington Navy Yard for allegedly taking advantage of a drunken fellow midshipman on Feb. 4 in a Washington hotel room.

However, Superintendent Vice Adm. Rodney Rempt ordered the original charges be dropped without prejudice because “the Naval Academy anticipates proffering new charges,” said Academy spokesman Cmdr. Ed Austin.

Any new charges would likely be referred to an Article 32 hearing, the military’s form of a grand jury, Austin said.

William Ferris, Morrison’s lawyer, said Monday that he was notified by Navy prosecutors that charges of indecent assault and conduct unbecoming an officer against Morrison were dropped. He said he first learned about it when his witnesses were informed they weren’t needed anymore. **STEPHEN MANNING (AP)**

Federal Officials Seek Death for Alleged Gangster

WASHINGTON | A man charged in five killings could face the death penalty in what would be just the third capital-murder trial in the District in about three decades.

The District has no death penalty. But Larry Gooch — described by law enforcement officials as “an enforcer” in the M Street Crew drug gang — could get capital punishment if convicted because he has been charged in a federal case.

Prosecutors say the killings were committed as part of an organized racketeering conspiracy by the gang, which they say makes Gooch eligible for the death penalty under federal law. Gooch, 27, is expected to go on trial in January on felony charges that include first-degree murder and armed robbery.

The Justice Department last year filed a notice of intent to seek the death penalty. The decision must be approved by Attorney General Alberto R. Gonzales. **(AP)**

HEARSAY | STUDYING



“There’s some concepts that are broad, and we really need to look at it.”

—VA. DEL. RILEY INGRAM, R-HOPEWELL, SAYING MONDAY HE WILL APPOINT AN AD HOC COMMITTEE TO STUDY A TRANSPORTATION BILL

The Lotteries

Monday, September 25

DISTRICT

Mid-day Lucky Numbers **1-1-7**
Mid-day DC 4 **6-7-8-8**

MARYLAND

Mid-day Pick 3 **0-8-5**
Mid-day Pick 4 **1-4-0-1**

VIRGINIA

Mid-day Pick 3 **4-9-4**
Mid-day Pick 4 **0-2-5-4**
Mid-day Cash 5 **2-6-8-13-21**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express’s deadline will be published two days later.

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nearly 122,000 new residents within 19 years.

The proposed plan is the latest in a series of documents developed to steer the city’s growth since 1791. If adopted, it would replace a comprehensive plan adopted in 1984. **(AP)**

Real growth: Plan would also work to stop the spread of mini-marts and gas stations. **Today’s Post, Metro**

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Money

Oil Price Dips Below \$60

Gas drops to \$2.38 a gallon as worries over supplies start to lessen

NEW YORK | Crude oil futures briefly dipped below \$60 a barrel on Monday, but later jumped by more than \$1 in a sign that the market free-fall may be nearing an end.

Oil prices have fallen by more than 20 percent since the July peak above \$78 a barrel amid rising global inventories, slackening demand growth and a perception among traders that geopolitical and weather-related supply threats have eased.

The downtrend was halted



Prices at the pump have dropped 50 cents a gallon over the past month.

on Monday. Light sweet crude for November delivery on the New York Mercantile Exchange briefly fell as low as \$59.52 a barrel, before bouncing up to \$61.95, an increase of \$1.40 over Friday's close.

Some traders believe OPEC may cut production in order prop up prices; others were forced to buy in order to cover incorrect bets that oil futures would fall even more sharply than they have.

As oil has plummeted, so have prices at the pump. The Oil Price Information Service said Monday that U.S. retail gasoline prices average \$2.38 a gallon (63 cents a liter), a drop of 50 cents a gallon in the past month. (AP)

Company Recalls Salad With Spinach

WASHINGTON | A Seattle company is recalling some salad products distributed in the Northwest because they may contain fresh spinach contaminated with E. coli, the Food and Drug Administration said Monday.

The recall, by Triple B Corp., involves products with spinach that may have been supplied by Natural Selections Foods, a California grower. Many of the 173 people sickened in the nation's E. coli outbreak

reported eating spinach supplied by National Selections.

So far, 92 people have been hospitalized, including a Wisconsin woman who died. Two other deaths have been reported in suspected cases — a child in Idaho and an elderly woman in Maryland — but those cases are still being investigated.

State and federal investigators since have traced the contaminated spinach back to three counties

in California's Salinas Valley. The FDA has recommended people not eat fresh, raw spinach, though on Friday it said that spinach grown anywhere outside that area is safe to eat.

Triple B, also known as S.T. Produce, is recalling salad products distributed to retail stores and delis in Washington, Oregon, Idaho and Montana, the FDA said. They were sold in a hard plastic container with a "use by" date of Aug. 22 through Sept. 20 on the bottom of the container. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Maritrn	36.57	+11.07	+43.4
BrkfldH	29.81	+2.55	+9.4
DJO Inc	41.85	+3.60	+9.4
TreeHse n	24.30	+1.79	+8.0
JLG s	19.02	+1.35	+7.6

Losers

Chiquita	13.53	-2.20	-14.0
SupEnrgy	23.35	-2.83	-10.8
WilmCS	10.35	-1.06	-9.3
MesaR	52.53	-4.84	-8.4
OilDri s	12.99	-1.01	-7.2

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.1875
3-month disc	4.78	4.83
2-year	4.64	4.88
10-year	4.55	4.81
30-year	4.69	4.93

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AcordaTh n	8.50	+6.28	+282.9
WarriorEn n	24.22	+9.88	+68.9
SpectPh	5.08	+1.59	+45.6
GPC Biot	18.77	+4.77	+34.1
Iomai n	4.39	+1.19	+4.4

Losers

MicroSemi	19.59	-3.18	-14.0
FortuNet n	10.06	-1.60	-13.7
DCAP Grp	2.00	-.28	-12.3
Poniard h rs	3.00	-.42	-12.3
AMEN	5.53	-.71	-11.4

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5259	.5261	.5627
Canadian Dollar	1.1160	1.1172	1.1700
European Euro	.7839	.7820	.8298
Japanese Yen	116.48	116.45	112.32
Mexican Peso	11.0680	11.0350	10.8430
Taiwanese Dollar	32.88	32.95	33.13

DOW	NASDAQ	S&P 500
+67.71	+30.14	+11.59
+0.59	+1.36	+0.88
11575.81	2249.07	1326.37

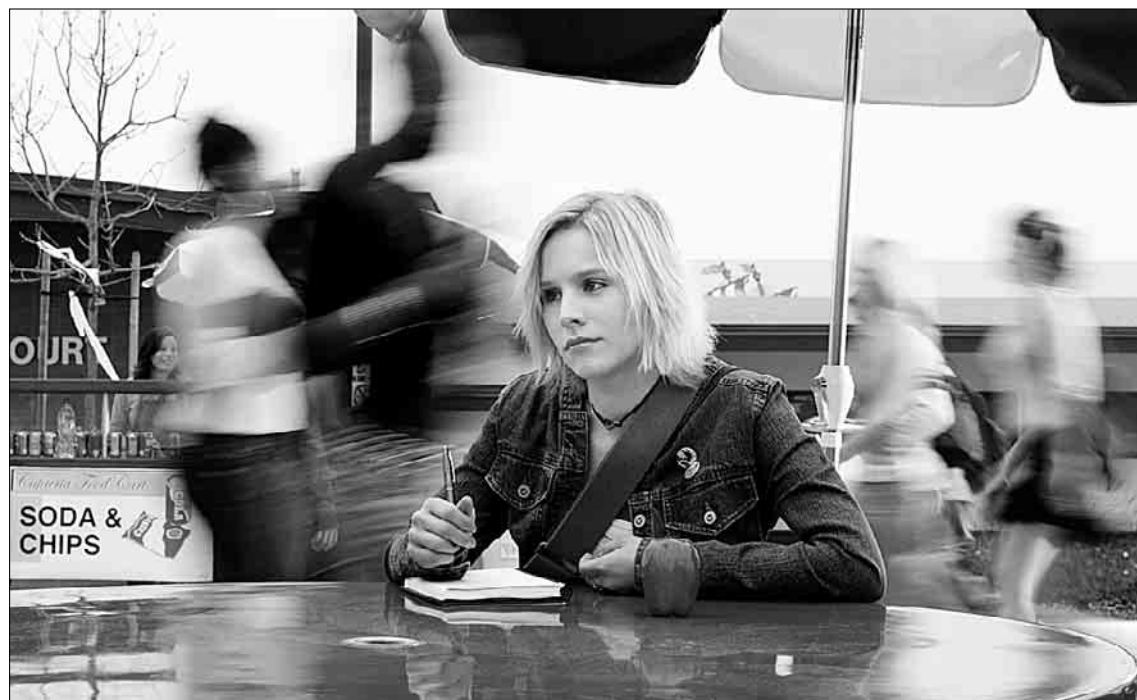
Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	71.22	+33	-9.7
Amylin	44.17	-.01	+10.6
BiogenIdc	44.71	+48	-1.3
Celgene s	41.79	-.21	+29.0
ChRvLab	42.29	+56	-2
GenProbe	47.73	-.83	-2.2
Genentch	78.50	+01	-15.1
Genzyme	65.63	+03	-7.3
GileadSci	66.17	+1.39	+25.9
Imclone	29.35	-.27	-14.3
Invitrogn	63.78	+17	-4.3
MedImm	29.50	+79	-15.8
MillPhar	10.15	+17	+4.6
QIAGEN	15.21	+51	+29.4
VertxPh	31.65	-.05	+14.4

GEEKS, COMMENCE DROOLING: Peter Jackson, director of CGI-rific epics, has reportedly optioned the rights to yet another special-effects-heavy doozy — the historical fantasy series “Temeraire.” Let’s just say it involves dragons.



Entertainment



PLANET BUBBLE: “Veronica Mars,” a former UPN show with a cult of admirers, ends up the loser against “Gilmore Girls.”

Strong Women

Tuesday night is make or break for the hybrid net The CW

CATFIGHT | Cute sci-fi boys on Thursdays, black comedies on Sundays, wrestling on Fridays: The CW’s schedule is Frankenstein’s monster, with salvaged parts from The WB and UPN contributing to the mishmash of a body.

On Tuesdays, the combination of “Gilmore Girls,” formerly of The WB, and “Veronica Mars,” born of UPN, is designed to provide the new CW network with both brain and heart. The shows are similarly smart and snappy with a dark streak and present sometimes funny, sometimes heartbreaking insights on coming of age with a single parent. In a television landscape that is either fueled by testos-

terone or winkingly post-feminist, the spirited, independent-minded female leads of “Gilmore Girls” and “Veronica Mars” offer a rare alternative.

Measured in business terms, the shows are at opposite ends of the success spectrum. Whether one show can help the other find a wider audience is a yardstick by which the success of The CW will be judged.

Tonight, “Gilmore Girls” will begin its seventh season. As the second-most-popular show on The WB, there was no question that the mother-daughter fan favorite would be a key asset in The CW’s quest to corner the advertising market among 18- to 34-year-olds.

By contrast, “Veronica Mars,” entering its third season Oct. 3, has been nothing short of a ratings flop. The girl-detective series was renewed by the skin of its teeth after its first season, during which it attracted a small, fiercely loyal audience that included many television critics. But last year the show performed even worse than it had in its first season.

What went wrong for “Veronica Mars” on UPN? Dawn Ostroff, the network’s former entertainment president, who now runs The CW, sighed when asked that question. “So many things,” she said. Its incompatibility with its lead-in show, the reality catfight “America’s Next Top Model,” was one problem, Ostroff said. Another was that it competed with “Lost,” ABC’s popular island mystery that appeals to a similar fan base.

When Ostroff not only renewed “Veronica Mars” but gave it the plum spot behind “Gilmore Girls,” she asked Thomas to simplify the show’s structure. In its two previous years, Veronica (Kristen Bell) pursued a season-long mystery, which prevented new viewers from understanding the plot. This year there will be three mysteries.

KATE AURTHUR (LOS ANGELES TIMES)



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YO LA TENGO

Cover Your Delicates

The indie rock stalwarts tour in support of their new disc, the raucous “I’m Not Afraid of You and Will Beat Your Ass,” which showcases musical discipline and professionalism.

→ 9:30 Club, 815 V St. NW; with Why?, 9 p.m., \$20; 703-218-6500. (U St.-Cardozo)

HELEN CALDICOTT

You’ve Been Warned



The nuclear disarmament advocate signs and discusses her self-explanatory latest book, “Nuclear Power Is Not

the Answer.” She argues that nuclear power emits more carbon than fossil fuels, that nuclear power is prohibitively expensive and that the health risks, probability of accidents and ease of terrorist infiltration related to nuclear power are all greater than we think.

→ Politics & Prose, 5015 Connecticut Ave. NW, 7 p.m., free; 202-364-1919. (Van Ness-UDC)

SANTANA

Still Truckin’

Having found 21st-century success as a do-gooder, shoe designer and all-around sort of rock muse to a younger generation, Carlos Santana leads his Latin-psychedelic band on another victorious tour, and looks with pride upon one of his progeny, openers Los Lonely Boys.

→ Nissan Pavilion, 7800 Cellar Door Drive, Bristow, Va.; 7 p.m., \$25.50-\$80; 703-754-6400.

WHAT’S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Pop Go These Internationalists

The Brazilian Girls make more strange, sexy dance music

MUSIC | The sun is down and a cold night has draped itself over the land of the beautiful people.

So goes the vibe on “Jique,” the abrupt, hard-edged dance track that begins and largely sets the tone for Brazilian Girls’ second album, “Talk to la Bomb” (Verve Forecast).

Whereas the group’s debut

played like a case of fizzy get-up-and-go concoctions — just the stuff to sip on before a night of partying — the follow-up isn’t as concerned with going down smooth.

Case in point: “Never Met a German,” a chilly World War II sex romp that finds multilingual temptress/front woman Sabina Sciubba deriving entirely too much pleasure from driving a tank. On “Talk to the Bomb,” Sciubba purrs cryptic, ominous lyrics over air-raid synths, sounding more like a



Brazilian Girls singer Sabina Sciubba can see out, but you can’t see in.

political performance artist than a pop singer.

That’s not to say the disc is without boogie. “All About Us” and the Ric Ocasek-produced “Last Call” are as bright and sexy as anything the group has ever done.

Ultimately less accessible than the band’s previous effort, the album presents both sides of the party: the dizzying highs and even dizzier lows. It’s worth the hangover.

KENNETH PARTRIDGE
(THE HARTFORD COURANT)

Entertainment



RHEUMATOID ARTHRITIS STUDY AT THE NATIONAL INSTITUTES OF HEALTH

The goal of this study is to define clinically important changes in RA activity, from the patient's perspective.

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Refer to study #03-AR-0133

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1-866-444-6679 (TTY: 1-866-411-1010)
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<http://clinicaltrials.gov>

Department of Health and Human Services
National Institutes of Health



THE BASEMENT TAPES: Scottish-born Thom admitted that she was signed to a small label when she launched her cyber-"tour" and became a massive U.K. hit.

Through a Pop Lens

Singer Sandi Thom set up a webcam and stirred up trouble

NEW FACES | The singer who toured the world without leaving her basement is finally crossing the Atlantic.

An Internet-made sensation in the United Kingdom, Sandi Thom scored a five-album deal with RCA/Sony BMG and topped the charts after streaming a series of live concerts from her London flat. Now, three months after gate-crashing the U.K. charts with a webcam, the Scottish-born singer is taking her nostalgic blend of folk and soul stateside, ready to tell a unique story that is not without controversy.

"Smile ... It Confuses People," Thom's debut album, came out Sept. 12. But her public profile took off in February, when the then-unknown singer set up a webcam in her basement flat in Tooting, South London, and streamed a live performance for 21 consecutive nights. Thom's three-week "tour" began with 60 people watching and reportedly drew

70,000 fans by the last night.

"It was just a great experience for me," the 25-year-old singer said. "I could make myself a cup of tea in the kitchen, then go out and play."

Columbia's press materials claim Thom launched the webcasts because she was "too broke to go on tour." The singer herself adds that she got the idea after her car kept breaking down on the way to gigs.

Thom's debut single, "I Wish I Was a Punk Rocker (With Flowers in My Hair)," was already climbing the singles chart when major U.K. newspapers began to question whether her rapid rise to fame was "just too good to be true" (The Independent) or "just another rock 'n' roll swindle" (The Guardian). The press pointed out that the "basement singer" was already signed to a Scottish indie label when she launched her Web tour and had a publishing deal.

"The media hyped it, because it's a brilliant story. I think it would be unnatural for them not to find something wrong with it, once a new artist is having success," she said. "I have nothing to hide."

SVEN PHILIPP (BILLBOARD)

Entertainment



DON'T CHANGE A HAIR: Clay Aiken jettisoned his flat-ironed and spiked-up look for a more relaxed, dark-tinted flop — and his rabid fans went wild, as usual.

Clay Takes New Shape

The crooner has a CD of covers and a fresh look all his own

GROWING UP | After a year and a half away from the spotlight, Clay Aiken returns with an edgy new look, a far-from-edgy new album and a newly secure sense of self.

"I know it's a new chapter, but it's kind of like a whole new book — the sequel to my life before," said Aiken. "It's like we're starting out on something brand new where I'm really getting to be myself."

But not everything is brand new. On his new album, "A Thousand Different Ways," Aiken covers 10 classic love songs and introduces four original tracks. It was a "challenge" issued by music mogul Clive Davis, who oversaw the project — and one that Aiken says he was initially reluctant to accept.

"The examples that were given to me were Barry Manilow, Billy Joel and Rod Stewart and Barbra Streisand," said Aiken, one of

"American Idol's" most successful alums. "I said, 'Let's look at those names and how huge their careers have been — Elton John was also one — and Clay Aiken doesn't fit in that category.'"

But despite his misgivings, he and his team of producers rearranged and reinterpreted each track, from Foreigner's "I Want to Know What Love Is" to Dolly Parton's "Here You Come Again."

Aiken then celebrated with a makeover. He's sporting a new shaggy-haired, more stylish look.

"We took so much time to make this album that we thought, 'Let's come back with a bang and do something different,'" he said. "It's really a drastic change, I guess, but it's kind of exciting."

Combined with his new look, Aiken hopes the new album reveals his grown-up side.

"I feel like maybe [people] think I'm a kid and I'm naive and I'm stupid," he said. "So I'm excited about being able to show my real self."

SANDY COHEN (AP)

Sexual Predators: Separating Truth from Myth.

Join us on Thursday, September 28 for a lecture by Ilona Gravers, PsyD.

Dr. Gravers works as a clinical and forensic psychologist in private practice with both general outpatient and criminal justice system populations.

Dr. Gravers provides sex offender services to the Virginia correctional system and has worked extensively with offenders. Her areas of interest include group therapy, Rorschach assessment, psychopathy, and risk assessment.

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Entertainment



WHATTHE-? Contemporary pop prettyboy Justin Timberlake has teamed up with '80s pop prettyboys Duran Duran for a collaboration. The track has no title as yet, but we can tell you at Timbaland produced it and that D-2 claims it will be on their new album.

Meet Ladies Online

The Internet sitcom 'Floaters' captures young urban angst

PERSONAL TECH | A new sitcom about three twentysomething gal pals who share a Manhattan walk-up, temporary status at the same workplace and yearnings for more, "Floaters" is dispatched by the Internet each weekday in bite-size installments that, by week's end, complete a half-hour episode.

It's the perfect Web viewing to steal a few minutes with from your own drudgery as a floater.

Lauren Cook plays Megan, a directionless girl with a Princeton degree and self-esteem issues

who dwells with Nisha, her sharp-tongued best friend since second grade (played by Punam Bean), and Erika (Kaitlyn Black), a bright-eyed blonde who seems incapable of harboring a negative thought. Nisha and Erika are both struggling actresses. Megan is just struggling.

"Floaters" premiered on its Web site (phoebeworks.com) on Sept. 12 with the first of an initial 15 weekly episodes. It's funny, charming and relatable.

On one episode, Megan's off-and-on cad of a boyfriend breaks up with her the night of their six-year anniversary. "No matter how bad it is," she wails to her roommates, "it just feels right."



HERE'S TO LIFE ON THE SMALL SCREEN: "Floaters" stars Punam Bean, Lauren Cook and Kaitlyn Black, in character, share drinkies and a playful fashion sense.

Meanwhile, Erika scores an acting job at the Toy Fair playing a killer-robot action figure named Atrocitina. On another, Megan is alarmed that Nisha might bolt from the sisterhood and move in with her boyfriend.

"But we just painted the bathroom!" Erika wistfully points out.

The series was created by Michael Stickle, 44, who has worked in various production and marketing areas of television and the Internet — and is a lifelong fan of TV sitcoms.

"Floaters" is the centerpiece for what Stickle hopes will be a signature destination for young women and other Web surfers in search of a laugh. But it won't be making money until audience numbers have been measured and ad rates set.

An ambitious venture?

"There's a certain naivete that we have," he said, "and so far it has totally worked to our advantage."

FRAZIER MOORE (AP)

DOES YOUR CHILD HAVE ALLERGIES?



Physicians at the NIH in the National Institute of Allergy and Infectious Diseases are conducting a research study to learn more about allergies. This study will evaluate children with different allergies in order to learn more about their diseases and to gain information that may be useful in developing new treatments. Standard care for allergic diseases will be provided at no cost to the patient.

Who may participate:

- Children 6 months to 18 years of age.
- Children who have a diagnosis of asthma, allergic rhinitis, food, drug or bee venom allergy, urticaria (hives) or atopic dermatitis.
- A physician referral is required.

What is involved:

- Complete history and physical exam.
- Allergy skin testing.
- Pulmonary lung function test.
- No experimental therapy will be provided.

Length of time:

- After the initial visit, follow up visits will range from every month to every 3 to 6 months.
- No charge for study related tests or treatment.

Location:

- At the National Institutes of Health, Bethesda, MD.

For more information please call: 1-800-411-1222 (TTY: 1-866-411-1010).

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JET LI'S FEARLESS (PG-13) DIG (1205 115 240 415 510) 640 800
ALL THE KINGS MEN (PG-13) DIG (1220 345) 725 1020
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1210 100 245 330 515) 630 740 900 1010
OC: GRIDIRON GANG (PG-13) DIG (320) 930
THE LAST KISS (R) - ID REQ'D DIG (1205 235 505) 735 1005
GRIDIRON GANG (PG-13) DIG (1225 110) 635 720
THE BLACK DAHLIA (R) - ID REQ'D DIG (1215 1250 310 400) 620
THE COVENANT (PG-13) DIG (1200 225 500) 730 955
HOLLYWOODLAND (R) - ID REQ'D DIG (1240 420) 745
CRANK (R) - ID REQ'D DIG (430) 1035
INVINCIBLE (PG) DIG (430) 1025
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 220 450) 715 940

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

ALL THE KINGS MEN (PG-13) DIG (125 420) 720 1015
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (220 250 445 515) 730 800 1000 1030
GRIDIRON GANG (PG-13) DIG (130 400 435) 710 740 1010
THE BLACK DAHLIA (R) - ID REQ'D DIG (140 405 440) 705 735 1005
EVERYONE'S HERO (G) DIG (210 430) 700 920
THE PROTECTOR (R) - ID REQ'D DIG (415) 650 910
HOLLYWOODLAND (R) - ID REQ'D DIG (345) 645 945
THE WICKER MAN (PG-13) DIG (135) 1035
THE ILLUSIONIST (PG-13) DIG (145 425) 715 950
THE DEVIL WEARS PRADA (PG-13) DIG (225 505) 745 1020

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

FLYBOYS (PG-13) DIG (100 420) 725 1025
JET LI'S FEARLESS (PG-13) DIG (1230 250 520) 745 1010
ALL THE KINGS MEN (PG-13) DIG (130 430) 735 1020
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1245 145 305 445) 515 745 815 1000 1035
GRIDIRON GANG (PG-13) DIG (100 200 350 450) 705 740 1000 1035
THE BLACK DAHLIA (R) - ID REQ'D DIG (1255 345) 710 950
EVERYONE'S HERO (G) DIG (1245 300 515) 755 1015
THE PROTECTOR (R) - ID REQ'D DIG (330) 720 930
THE COVENANT (PG-13) DIG (1235 315 530) 750 1005
HOLLYWOODLAND (R) - ID REQ'D DIG (1230) 1020
THE WICKER MAN (PG-13) DIG (1235 300 500) 710 935
CRANK (R) - ID REQ'D DIG (330) 720 935
CROSSOVER (PG-13) DIG (1240 320) 700 945
IDLEWILD (R) - ID REQ'D DIG (1240 320) 700 945

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

FLYBOYS (PG-13) DIG (110 415) 715 1015
JET LI'S FEARLESS (PG-13) DIG (115 340) 725 1000
ALL THE KINGS MEN (PG-13) DIG (100 400) 720 1010
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (140 420) 730 950
GRIDIRON GANG (PG-13) DIG (105 355) 710 1010
EVERYONE'S HERO (G) DIG (1255 330) 655 905
HOLLYWOODLAND (R) - ID REQ'D DIG (120 410) 700 1005
INVINCIBLE (PG) DIG (130 350) 740 1015
ACCEPTED (PG-13) DIG (135 405) 650 930
THE DEVIL WEARS PRADA (PG-13) DIG (125 425) 705 940

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS
3D (PG) ★
FLYBOYS (PG-13) DIG (120 435) 750
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (210 250 440 515) 710 740 935 1005
JET LI'S FEARLESS (PG-13) DIG (110 150 405 445) 645 720 920 955
ALL THE KINGS MEN (PG-13) DIG (155 500) 800
OC: GRIDIRON GANG (PG-13) DIG (400) 1000
THE LAST KISS (R) - ID REQ'D DIG (245 520) 755 1035
GRIDIRON GANG (PG-13) DIG (100 130 430) 700 730 1030
THE BLACK DAHLIA (R) - ID REQ'D DIG (115 215 425 525) 715 815 1010
EVERYONE'S HERO (G) DIG (200 420) 640 900
THE PROTECTOR (R) - ID REQ'D DIG (450) 925
THE COVENANT (PG-13) DIG (145 415) 650 915
CRANK (R) - ID REQ'D DIG (235) 705
INVINCIBLE - DIGITAL PROJECTION (PG) DIG (225 500) 735 1015
THE ILLUSIONIST (PG-13) DIG (225 505) 745 1025

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS
3D (PG) ★
FLYBOYS (PG-13) DIG (115 415) 725 1025
JET LI'S FEARLESS (PG-13) DIG (1155 230 500) 730 1015
ALL THE KINGS MEN (PG-13) DIG (110 420) 720 1020
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1150 1220 210 310 440 540) 740 830 1030
OC: GRIDIRON GANG (PG-13) DIG (410) 1000
THE LAST KISS (R) - ID REQ'D DIG (1205 245 515) 800 1035
GRIDIRON GANG (PG-13) DIG (120 220 510) 700 810
THE BLACK DAHLIA (R) - ID REQ'D DIG (1210 150 250 430 530) 710 820 1010
EVERYONE'S HERO (G) DIG (1215 240 450) 715 940
THE PROTECTOR (R) - ID REQ'D DIG (1230 300 520) 750 1035
THE COVENANT (PG-13) DIG (1250 350) 705 1005
THE WICKER MAN (PG-13) DIG (1145 200 445) 650
CRANK (R) - ID REQ'D DIG (1245 330) 645 930
HOW TO EAT FRIED WORMS (PG) DIG (130 400) 655 950
INVINCIBLE (PG) DIG (125 345) 635
THE ILLUSIONIST (PG-13) DIG (100 340) 640 920
BARNYARD (PG) DIG (1240 320) 625 915
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1200 315) 630 945
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1200 315) 630 945

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

FLYBOYS (PG-13) DIG (100 415) 715 1025
JET LI'S FEARLESS (PG-13) DIG (200 425) 725 1000
ALL THE KINGS MEN (PG-13) DIG (130 440) 740 1035
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1205 115 235 420 515) 730 830 1000
THE LAST KISS (R) - ID REQ'D DIG (135 405) 720 955
GRIDIRON GANG (PG-13) DIG (1230 400) 700 955
GRIDIRON GANG (PG-13) DIG (210 500) 800
THE BLACK DAHLIA (R) - ID REQ'D DIG (145 445) 745 1030
EVERYONE'S HERO (G) DIG (1215 240 450) 925
INVINCIBLE (PG) DIG (1210 450) 940
THE ILLUSIONIST (PG-13) DIG (1200 230 455) 755 1030
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 215 435) 735 1005
OC: SNAKES ON A PLANE (R) - ID REQ'D DIG (225) 710

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FLYBOYS (PG-13) DIG (100 415) 715 1025
JET LI'S FEARLESS (PG-13) DIG (200 425) 725 1000
ALL THE KINGS MEN (PG-13) DIG (130 440) 740 1035
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1205 115 235 420 515) 730 830 1000
THE LAST KISS (R) - ID REQ'D DIG (135 405) 720 955
GRIDIRON GANG (PG-13) DIG (1230 400) 700 955
GRIDIRON GANG (PG-13) DIG (210 500) 800
THE BLACK DAHLIA (R) - ID REQ'D DIG (145 445) 745 1030
EVERYONE'S HERO (G) DIG (1215 240 450) 925
INVINCIBLE (PG) DIG (1210 450) 940
THE ILLUSIONIST (PG-13) DIG (1200 230 455) 755 1030
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 215 435) 735 1005
OC: SNAKES ON A PLANE (R) - ID REQ'D DIG (225) 710

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4110 W Ox Road 800-FANDANGO 670#

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (100 130 400 430) 720 750 945 1020
EVERYONE'S HERO (G) DIG (110 345) 725 940
THE PROTECTOR (R) - ID REQ'D DIG (125 355) 740 955
THE COVENANT (PG-13) DIG (135 425) 735 1005
HOLLYWOODLAND (R) - ID REQ'D DIG (105 405) 705 1015
THE WICKER MAN (PG-13) DIG (120) 1020
INVINCIBLE (PG) DIG (115 415) 700 935
BEERFEFF (R) - ID REQ'D DIG (420) 730 1010
ACCEPTED (PG-13) DIG 950
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (140 435) 710
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1220 250 510) 740 1015 (300) 645 1000

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1200 1245 230 300 500 530) 730 830 1000
JET LI'S FEARLESS (PG-13) DIG (100 430) 745 1030
FLYBOYS (PG-13) DIG (1230 345) 710 1020
ALL THE KINGS MEN (PG-13) DIG (1250 410) 715 1020
THE LAST KISS (R) - ID REQ'D DIG (1245 420) 740 1010
GRIDIRON GANG (PG-13) DIG (1230 130 330 430) 715 800 1015
THE BLACK DAHLIA (R) - ID REQ'D DIG (100 415) 730 1030
EVERYONE'S HERO (G) DIG (1210 230 450) 720 945
THE COVENANT (PG-13) DIG (1220 250 510) 740 1015
CRANK (R) - ID REQ'D DIG 950
INVINCIBLE (PG) DIG (120 400) 700 1000
BARNYARD (PG) DIG (1120 215 445) 700
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 440) 720 1010

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

FLYBOYS (PG-13) DIG (100 400) 700 1000
JET LI'S FEARLESS (PG-13) DIG (120 430) 730 955
ALL THE KINGS MEN (PG-13) DIG (115 425) 715 1010
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (130 230 400 500) 715 815 945 1030
OC: GRIDIRON GANG (PG-13) DIG (415) 1000
THE LAST KISS (R) - ID REQ'D DIG (140 445) 745 1020
GRIDIRON GANG (PG-13) DIG (110 200 500) 700 800
THE BLACK DAHLIA (R) - ID REQ'D DIG (105 345) 645 930
EVERYONE'S HERO (G) DIG (200 415) 645 915
HOLLYWOODLAND (R) - ID REQ'D DIG (100 345) 630 930
INVINCIBLE (PG) DIG (215 515) 800 1030
THE ILLUSIONIST (PG-13) DIG (150 515) 745 1025
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (130 445) 730 1005

MANASSAS STADIUM 14
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FLYBOYS (PG-13) DIG (1140 310) 645 1000
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1150 1220 215 235 435 455) 740 800 1005 1025
JET LI'S FEARLESS (PG-13) DIG (1200 225 450) 750 1020
ALL THE KINGS MEN (PG-13) DIG (1145 315) 700 1010
THE LAST KISS (R) - ID REQ'D DIG (1255 350) 730 955
GRIDIRON GANG (PG-13) DIG (1230 325 355) 650 720 945 1015
THE BLACK DAHLIA (R) - ID REQ'D DIG (1240 340) 705 950
EVERYONE'S HERO (G) DIG (1155 210 430) 710 925
THE PROTECTOR (R) - ID REQ'D DIG (1235) 1020
THE COVENANT (PG-13) DIG (1250 320) 735 955
HOLLYWOODLAND (R) - ID REQ'D DIG 935
INVINCIBLE (PG) DIG (100 400) 715 940
BARNYARD (PG) DIG (1205 230 445) 725
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1245 330) 655 930

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JACKASS: NUMBER TWO (R) ✓ 1:30, 2:35, 3:50, 5:00, 6:35, 7:30, 9:00, 10:05
ALL THE KING'S MEN (PG13) ✓ 1:15, 4:10, 7:10, 10:10
FLYBOYS (PG13) ✓ 1:00, 4:00, 7:00, 10:05
JET LI'S FEARLESS (PG13) ✓ 1:00, 2:00, 3:30, 4:35, 6:05, 7:10, 8:35, 9:40
THE BLACK DAHLIA (R) 1:45, 3:00, 4:35, 5:50, 7:20, 8:35, 10:25
THE BLACK DAHLIA (R) 3:00, 5:50, 8:35
EVERYONE'S HERO (G) 1:30, 3:50, 6:05, 8:30
GRIDIRON GANG (PG13) 1:40, 2:40, 4:40, 5:45, 7:35, 8:45, 10:25
THE LAST KISS (R) 2:25, 5:10, 7:50, 10:20
THE COVENANT (PG13) 1:35, 4:05, 6:45, 9:20
CRANK (R) 1:20, 3:35, 5:55, 8:00, 10:10
CROSSOVER (PG13) 4:10, 9:25
THE WICKER MAN (PG13) 1:25, 6:50
INVINCIBLE (PG) 1:55, 4:20, 7:15, 9:55
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:05, 3:20, 5:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 7:50, 10:20



HOLLYWOODLAND (R) 1:40, 4:30, 7:25, 10:15
THE PROTECTOR (R) 1:05, 3:10, 5:25, 7:45, 10:05
THE ILLUSIONIST (PG13) 1:50, 4:40, 7:20, 9:50
IDLEWILD (R) 1:10, 3:55, 6:40, 9:30
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:30, 10:00

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

JACKASS: NUMBER TWO (R) 4:30, 6:40, 8:50
FLYBOYS (PG13) 1:30, 4:40, 8:10
JET LI'S FEARLESS (PG13) 1:50, 5:00, 8:45
THE BLACK DAHLIA (R) 4:50, 7:45
EVERYONE'S HERO (G) 2:00, 4:30, 7:50
GRIDIRON GANG (PG13) 1:40, 4:50, 8:30
THE COVENANT (PG13) 5:00, 8:15
CRANK (R) 8:30
THE WICKER MAN (PG13) 4:45
WORLD TRADE CENTER (PG13) 7:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:40



THE PROTECTOR (R) 5:10, 8:00

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

ALL THE KING'S MEN (PG13) ✓ 2:20, 5:05, 7:50
FLYBOYS (PG13) ✓ 2:00, 5:00, 8:00
THE BLACK DAHLIA (R) 2:30, 5:10, 7:55
EVERYONE'S HERO (G) 2:40, 4:50, 7:00
EVERYONE'S HERO (G) 2:40, 4:50, 7:00
GRIDIRON GANG (PG13) 2:10, 4:55, 7:40
THE LAST KISS (R) 2:50, 5:15, 7:45



HOLLYWOODLAND (R) 2:00, 4:45, 7:30

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

JACKASS: NUMBER TWO (R) ✓ 2:05, 3:05, 4:20, 5:20, 6:45, 7:45, 9:10, 10:10
ALL THE KING'S MEN (PG13) ✓ 1:35, 4:35, 7:30, 10:30
FLYBOYS (PG13) ✓ 1:00, 4:00, 7:05, 10:15
JET LI'S FEARLESS (PG13) ✓ 2:20, 4:50, 7:20, 10:00
THE BLACK DAHLIA (R) 1:40, 2:40, 4:25, 5:25, 7:15, 8:15, 10:05
GRIDIRON GANG (PG13) 1:45, 4:45, 7:40, 10:45
THE LAST KISS (R) 11:00, 2:25, 5:00, 7:35, 10:15
THE COVENANT (PG13) 1:55, 4:15, 6:55, 9:20



HOLLYWOODLAND (R) 1:50, 4:40, 10:20
THE ILLUSIONIST (PG13) 2:35, 5:10, 7:55, 10:40
LITTLE MISS SUNSHINE (R) 2:00, 3:00, 4:30, 5:30, 7:00, 8:00, 9:35, 10:35

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-333-3456

WORLD TRADE CENTER (PG13) 2:00, 5:00, 8:00

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

JACKASS: NUMBER TWO (R) ✓ 2:00, 3:15, 4:30, 5:45, 7:15, 8:30, 9:50
ALL THE KING'S MEN (PG13) ✓ 1:05, 4:10, 7:20, 10:10
FLYBOYS (PG13) ✓ 1:00, 4:00, 7:05, 10:00
JET LI'S FEARLESS (PG13) ✓ 2:25, 4:50, 7:40, 10:05
THE BLACK DAHLIA (R) 1:35, 3:30, 4:20, 6:30, 7:10, 9:25
EVERYONE'S HERO (G) 3:00, 5:10, 7:40, 9:45
GRIDIRON GANG (PG13) 1:10, 2:15, 4:05, 5:20, 7:10, 8:10
THE LAST KISS (R) 1:30, 4:15, 7:00, 9:30
THE COVENANT (PG13) 3:10, 5:40, 8:00
CRANK (R) 1:15, 3:35, 5:50, 8:15
THE WICKER MAN (PG13) 2:55, 5:25, 7:45, 10:10
INVINCIBLE (PG) 2:20, 4:55, 7:30, 9:55
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 2:05, 4:25
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 7:05, 9:40



HOLLYWOODLAND (R) 4:40, 10:15
THE PROTECTOR (R) 2:50, 5:15, 7:25, 9:35
THE ILLUSIONIST (PG13) 2:10, 7:35

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

JACKASS: NUMBER TWO (R) 1:10, 2:20, 3:20, 4:45, 5:45, 7:10, 8:00, 9:30, 10:25
ALL THE KING'S MEN (PG13) 1:30, 4:30, 7:25, 10:15
FLYBOYS (PG13) 1:30, 4:40, 8:10
JET LI'S FEARLESS (PG13) 2:10, 5:00, 7:30, 10:05
THE BLACK DAHLIA (R) 1:45, 4:35, 7:20, 10:00
THE BLACK DAHLIA (R) 1:45, 4:35, 7:20, 10:00
EVERYONE'S HERO (G) 1:00, 3:10, 5:30, 7:40, 9:55
GRIDIRON GANG (PG13) 1:15, 4:00, 7:00, 9:50
THE LAST KISS (R) 2:40, 5:20, 7:45, 10:10
THE COVENANT (PG13) 1:50, 4:50, 7:15, 9:40
THE WICKER MAN (PG13) 10:20 PM
INVINCIBLE (PG) 2:00, 5:10, 7:35



HOLLYWOODLAND (R) 1:05, 4:05, 6:50, 9:45
THE ILLUSIONIST (PG13) 1:40, 4:15, 7:05, 9:35
LITTLE MISS SUNSHINE (R) 2:00, 5:35, 7:50, 10:30

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

THE COVENANT (PG13) 4:40, 7:40
CRANK (R) 5:00, 7:55
THE WICKER MAN (PG13) 4:20
ACCEPTED (PG13) 7:50
STEP UP (PG13) 4:10
ZOOM (PG) 4:50
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 7:20
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 4:00, 7:00
THE DEVIL WEARS PRADA (PG13) 7:10



THE PROTECTOR (R) 5:10, 8:00
AN INCONVENIENT TRUTH (PG) 7:30

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

JACKASS: NUMBER TWO (R) 1:05, 3:15, 5:35, 7:50, 10:05
JET LI'S FEARLESS (PG13) 2:30, 5:15, 7:45, 10:15
THE BLACK DAHLIA (R) 2:15, 4:45, 7:15, 10:00
EVERYONE'S HERO (G) 12:55, 3:00, 5:10, 7:35, 9:35
GRIDIRON GANG (PG13) 1:05, 1:35, 4:00, 4:30, 7:00, 7:35, 9:45, 10:15
THE COVENANT (PG13) 2:25, 4:55, 7:25, 9:55
CRANK (R) 8:10, 10:10
CROSSOVER (PG13) 2:05, 4:35, 7:05, 9:30
THE WICKER MAN (PG13) 4:50, 9:50
STEP UP (PG13) 2:20, 7:20
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:10, 3:20, 5:30



THE PROTECTOR (R) 1:25, 3:25, 5:25
IDLEWILD (R) 2:10, 4:40, 7:10, 10:10

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801



CONFETTI (R) 1:20, 4:20, 7:10, 9:20
HAVEN (R) 1:30, 3:50, 7:00, 9:10
HOLLYWOODLAND (R) 1:40, 4:30, 7:00, 9:40
CONVERSATIONS WITH OTHER WOMEN (R) 2:10, 4:40, 7:40, 10:00
HALF NELSON (R) 2:00, 4:50, 7:10, 9:30
THE BOYNTON BEACH CLUB (NR-NOT RATED) 1:50, 4:10, 7:30, 9:50
LITTLE MISS SUNSHINE (R) 2:20, 5:00, 7:20, 9:40

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

JACKASS: NUMBER TWO (R) ✓ 1:05, 2:10, 3:20, 4:35, 5:50, 7:00, 8:05, 9:15, 10:25
ALL THE KING'S MEN (PG13) ✓ 1:20, 4:10, 7:15, 10:05
ALL THE KING'S MEN (PG13) ✓ 1:20, 4:10, 7:15, 10:05
FLYBOYS (PG13) ✓ 12:55, 4:05, 7:05, 10:15
JET LI'S FEARLESS (PG13) ✓ 12:50, 2:00, 3:15, 4:25, 5:45, 6:55, 8:10, 9:20, 10:30
THE BLACK DAHLIA (R) 1:10, 2:30, 4:00, 5:30, 7:10, 8:30, 10:10
EVERYONE'S HERO (G) 1:00, 3:10, 5:25, 7:40, 9:50
GRIDIRON GANG (PG13) 1:15, 2:35, 4:15, 5:40, 7:15, 8:40, 10:15
THE LAST KISS (R) 1:40, 4:20, 7:30, 9:55
INVINCIBLE (PG) 1:50, 4:45, 7:35, 10:00



HOLLYWOODLAND (R) 1:30, 4:30, 7:25, 10:30
THE ILLUSIONIST (PG13) 2:05, 4:50, 7:50, 10:20
LITTLE MISS SUNSHINE (R) 1:55, 4:55, 7:20, 9:45

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

JACKASS: NUMBER TWO (R) 5:30, 8:10
FLYBOYS (PG13) 4:35, 7:35
JET LI'S FEARLESS (PG13) 5:10, 7:40
THE BLACK DAHLIA (R) 4:50, 7:20
EVERYONE'S HERO (G) 4:30, 8:05
GRIDIRON GANG (PG13) 4:35, 5:00, 7:30, 8:00
THE COVENANT (PG13) 4:45, 7:45
CRANK (R) 5:20
CROSSOVER (PG13) 5:00, 7:15
THE WICKER MAN (PG13) 7:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:40



THE PROTECTOR (R) 4:50, 7:10
IDLEWILD (R) 7:00

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

FLYBOYS (PG13) ✓ 4:30, 7:45
JET LI'S FEARLESS (PG13) ✓ 5:30, 8:00
THE LAST KISS (R) 5:45, 8:15
THE COVENANT (PG13) 5:15, 7:30
CRANK (R) 5:00
INVINCIBLE (PG) 4:05, 6:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 7:00



LITTLE MISS SUNSHINE (R) 4:15, 4:45, 6:45, 7:15

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
301-729-6633

JACKASS: NUMBER TWO (R) ✓ 5:45, 8:00
THE BLACK DAHLIA (R) 5:30, 8:15
THE BLACK DAHLIA (R) 5:30, 8:15
EVERYONE'S HERO (G) 5:15, 7:45
GRIDIRON GANG (PG13) 5:15, 8:00
THE COVENANT (PG13) 5:45, 8:15
INVINCIBLE (PG) 5:30, 8:00

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0880

JACKASS: NUMBER TWO (R) 1:30, 2:30, 4:15, 5:15, 6:40, 7:40
BEERFEST (R) 2:15, 7:00
INVINCIBLE (PG) 1:40, 4:20, 7:05
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 2:40, 6:10
JET LI'S FEARLESS (NR-NOT RATED) 2:00, 4:30, 7:10



THE PROTECTOR (R) 4:45

LOEWS DUPONT 5

1350 19th St.
202-333-3456

THE DEVIL WEARS PRADA (PG13) 5:00, 7:20



CONFETTI (R) 5:30, 7:45
HAVEN (R) 4:45, 7:15
QUEENS (R) 7:00
QUINCEANERA (R) 5:40, 7:50
SCOOP (PG13) 5:15

LOEWS WHITE FLINT 5

North Bethesda
202-333-3456

ALL THE KING'S MEN (PG13) 2:00, 4:45, 7:25
THE BLACK DAHLIA (R) 2:05, 4:40, 7:10
THE LAST KISS (R) 2:10, 4:20, 7:20
INVINCIBLE (PG) 2:30, 4:50, 7:20



HOLLYWOODLAND (R) 2:00, 4:50, 7:30

Times for Tuesday, September 26, 2006

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A.A. - Associate in Arts

Sports



BUSTED BENGAL: Bengals linebacker Odell Thurman was arrested on a drunk driving charge early Monday. Thurman, who was serving a four-game suspension for violating the league's substance abuse policy, is the sixth Bengals player to be arrested in the past year.



BACK TO PASS: The Redskins' Mark Brunell got the passing attack going in a 31-15 win over the Texans. But the real test will be the Jaguars, who come to town Sunday.

QB Gives Team a Glimmer of Hope

Brunell lifts Redskins' spirits in setting new record against Texans

REDSKINS | Mark Brunell flicked a simple shovel pass to begin his record-breaking streak and needed a do-over to finish it. He completed only one downfield throw, relying on screens, flares, dump-offs and floaters for all the rest. The defense he faced is the arguably the worst in the NFL.

Yet, a complete pass is a com-

plete pass, even if it only travels a few yards to a wide-open receiver. Although no one will mistake the performance with any of the great games from Unitas, Montana or Elway, Brunell is in the NFL record books after completing 22 consecutive passes in Sunday's 31-15 victory over the Houston Texans.

"I had a lot of text messages, a lot of voice mails, and I appreciate that," Brunell said Monday. "I've got a lot of friends. It kind of reminds you that there's some good people out there still rooting for you, and

it's nice to hear a lot of people say 'Good job and good luck.'"

Such warmth and fuzziness was a welcome change of pace for the beleaguered quarterback and for all of the Redskins (1-2), who needed to beat somebody — anybody — to boost the collective morale after losing four preseason games and the first two of the regular season.

"We were at a point, where, six straight weeks, you kind of know the way everybody feels. We're down," coach Joe Gibbs said. "With what we've been through, I was proud of

our guys, the way they fought."

They'll have to fight harder next week. The Redskins, despite winning by 16 on the road, will be an underdog at home next week against Brunell's former team, the Jaguars, whose stingy defense is unlikely to allow receivers to roam as free as they did in Houston.

"A lot of people have been getting down on Mark, saying he is washed up," tackle Chris Samuels said. "But he went out there, blocked out all the negativity and he just played outstanding." **JOSEPH WHITE (AP)**

Alexander Out With Foot Injury

Reigning MVP will be sidelined for at least a couple of weeks

FOOTBALL | League MVP Shaun Alexander cracked a bone in his sore left foot and will be lost to the Seattle Seahawks for at least a couple of weeks.

Alexander has had soreness and a bone bruise in his left foot since the season opener at Detroit. Coach Mike Holmgren said Monday that Alexander cracked a bone sometime during Sunday's 42-30 win over the New York Giants. Holmgren said the bruise in Alexander's foot led to the crack and Alexander was walking around team headquarters Monday on crutches.

"You lose the MVP for a while, it's a hit," Holmgren said. "Let's face it, he's the MVP. We're not going to sugarcoat it."

Alexander has started 69 of the last 70 games for the Seahawks, but has yet to rush for more than 100 yards this season. He had just 47 yards on 20 carries on Sunday.

Maurice Morris will start for Alexander when the Seahawks face Chicago next Sunday night. **(AP)**



Alexander



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Sports

Balancing Act Is Good for Ravens

Undefeated team can now rely on the offense to get the job done

RAVENS | It was a situation that, in years past, Kelly Gregg might have shut his eyes and simply hoped for the best.

Instead, the Baltimore Ravens defensive tackle stood on the sideline and watched intently as Steve McNair moved the offense 47 yards in 12 plays, setting up the winning field goal Sunday in a 15-14 victory over the Cleveland Browns.

So what if the offense sputtered for the first three quarters? When it mattered most, McNair was magnificent, going 10-for-16 for 91 yards over the final 15 minutes to help the Ravens improve to 3-0 for the first time in their 11-year history.

The veteran quarterback saved the best for last. After Chris McAlister intercepted a pass in the end zone with 3:28 left, McNair went 6-for-9 for 52 yards to move the ball from the Baltimore 20 to the Cleveland 33.

"I enjoyed sitting there and watching it," Gregg said Monday. "I couldn't picture it any better. I've got a lot of confidence in them."

McNair's performance showed why the Ravens traded for him during the offseason and put Kyle Boller



Steve McNair, left, has brought talent and experience to the Ravens' offense.

on the bench. After McAlister and the defense presented the offense with a chance to win the game, McNair cashed in on the opportunity and Matt Stover completed the drive with a 52-yard field goal.

"It showed we've got each other's back in a way that might not have happened before," coach Brian Billick said. DAVID GINSBURG (AP)

MLB STANDINGS

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
xN.Y. Yankees	93	62	.600	—	47-28	46-34
Boston	83	73	.532	10.5	45-31	38-42
Toronto	82	73	.529	11	49-31	33-42
Baltimore	68	88	.436	25.5	40-41	28-47
Tampa Bay	60	95	.387	33	41-39	19-56

CENTRAL	W	L	PCT.	GB	HOME	ROAD
oDetroit	94	62	.603	—	45-30	49-32
Minnesota	92	63	.594	1.5	50-24	42-39
Chicago	87	69	.558	7	49-32	38-37
Cleveland	72	83	.465	21.5	38-36	34-47
Kansas City	58	97	.374	35.5	34-47	24-50

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	90	65	.581	—	49-32	41-33
L.A. Angels	84	71	.542	6	40-34	44-37
Texas	78	78	.500	12.5	39-42	39-36
Seattle	75	81	.481	15.5	41-34	34-47

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
xN.Y. Mets	93	62	.600	—	50-30	43-32
Philadelphia	82	73	.529	11	41-39	41-34
Florida	76	80	.487	17.5	40-35	36-45
Atlanta	75	81	.481	18.5	36-39	39-42
Washington	68	87	.439	25	39-36	29-51

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	80	74	.519	—	46-27	34-47
Houston	77	78	.497	3.5	44-37	33-41
Cincinnati	76	79	.490	4.5	41-39	35-40
Milwaukee	73	83	.468	8	48-33	25-50
Pittsburgh	65	91	.417	16	41-34	24-57
Chicago	63	93	.404	18	33-43	30-50

WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	83	72	.535	—	43-38	40-34
L.A. Dodgers	82	74	.526	1.5	49-32	33-42
San Fran.	75	80	.484	8	42-33	33-47
Colorado	74	82	.474	9.5	44-34	30-48
Arizona	73	82	.471	10	38-39	35-43

→ Standings through Sept. 24's games. X Clinched division title. O Clinched playoff spot.

"Splendid"
"Superlative"
"Sumptuous"
"Electric"
"Forceful"
"Energetic"
"Insightful"
"Stunning"
"Powerful"
"Timely"

"This is a splendid *Cabaret* — fresh and tawdry at the same time ... Arena Stage's production proves it is one of the superlative examples of 20th-century American musical theater."
 — J. Wynn Rousuck, *The Baltimore Sun*

"Visually sumptuous"
 — Jayne Blanchard, *The Washington Times*

"Meg Gillentine 'Bowles' over the audience with an electric, frantic, athletic performance in Molly Smith's non-stop, high-energy and moving staging."
 — Gary Tischler, *The Downtowner*

"Forceful and energetic ... The acting and singing of the leads is excellent as is the entire cast ... Great overall production."
 — Rich Massabny, *Channel 69*

"Insightful, moving and emotionally and visually stunning"
 — Susan Berlin, *TalkinBroadway.com*

"I have seen at least six productions of *Cabaret*, and many in the audience had also seen it numerous times. Many agreed with me — it was the most powerful and timely production we had seen. The packed house was so overwhelmed, it was difficult to applaud at the end."
 — Connie Lawn, *Audio-Visual News*

"This is not a *Cabaret* that is like anything you've seen before ... You might ask 'why should I see this show?' This reviewer's answer is Molly Smith's brave direction — she gives us a show that is not afraid to point to today's headlines and say 'never forget.'"
 — Ronnie Ruff, *DC Theatre Reviews*

Photo of Meg Gillentine by Scott Suchman.

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 lyrics by Fred Ebb
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The number of years since No. 23 Rutgers (4-0) was last ranked in the top 25, something it accomplished this week after beating Howard 56-7. In 1976, Rutgers (11-0) was ranked No. 17.

Sports

Swengali

REDSKINS | BY MATT SWENSON

The Jaguars Won't Roll Over

IT TURNS OUT THAT THERE was nothing wrong with the Redskins that playing the Texans couldn't solve.

To its credit, Washington handled a team that might give Ohio State a run for its money.

The Redskins ran early and often, piling up huge numbers that have been overlooked due to Mark Brunell's record 22 consecutive completed passes.

There's a lot to feel good about if you're Joe Gibbs. And the Redskins should enjoy the moment — because it may not last.

Make no mistake about it, the Jaguars are not going to be pushed around like Houston was.

In fact, the Redskins may be facing the league's best defense next Sunday at FedEx Field. Let's

"The Redskins may be facing the league's best defense next Sunday."

see Brunell complete two straight passes against that group.

In the 31-15 rout of Houston, Washington was again plagued by penalties, and the secondary has more holes than Swiss cheese.

At what point do we say Carlos Rogers, the No. 9 overall pick in the draft last year, can't cover NFL receivers?

The Texans weren't close to being good enough to take advantage of their many opportunities. Unfortunately for the Redskins, there may be only one or two teams as lowly as Houston.

A lot of work still needs to be done at Redskins Park.

At least confidence shouldn't be an issue now that the elusive first win is in tow.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com



Fans gather outside the Superdome before the Saints' first home game since before Hurricane Katrina. Downtown offices shut down early in anticipation of crowds.

New Orleans Alive With Celebration

After \$185 million in renovations, football returns to Superdome

FOOTBALL | Thousands of New Orleans residents hoped to put their troubles behind them for at least a few hours Monday night, a year after Hurricane Katrina wrecked their homes, by watching TV to see U2 perform the warm-up act for the New Orleans Saints' first home game since the disaster.

The game received Super Bowl-style buildup. The Superdome underwent \$185 million in repairs to erase the damage done during and after Katrina.

The Goo Goo Dolls were set to play to the crowd outside. Green Day and U2 were scheduled to perform for the crowd inside.

Even with its gleaming new

cover, the Superdome remained a symbol of Katrina's misery. Tens of thousands of storm victims suffered there in withering heat after last summer's hurricane filled the city with stinking floodwaters.

"We rode around through the Ninth Ward yesterday," suburban resident Irma Warner said. "When I saw that, I thought, how can they spend \$185 million on the Superdome. What about all these poor people?"

But she appeared to be in the minority. Downtown offices and City Hall shut down early in anticipation of crowds at the Superdome.

Tanyha Brown of Metairie said her husband was leaving work early so they could attend the festivities outside the Superdome.

"This is the best holiday since Mardi Gras," Brown said. (AP)

Rice Freshman Defensive Back Dies

COLLEGE FOOTBALL | A Rice University freshman football player died Monday, a day after collapsing during a light workout.

Dale Lloyd, a 19-year-old defensive back, collapsed on the field about 5 p.m. Sunday but was conscious when taken to a hospital by

ambulance. He died about 9 a.m. Monday, school officials said.

Rice athletic director Chris Del Conte said Lloyd collapsed while the team was doing some light running. Although he didn't complain of anything specific, he told team trainers he didn't feel right. (AP)



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September 29-October 1

Saturday

September 30, 2006

10:00 am - 7:00 pm

Family Folkdance Festival & Marketplace

Dance Place (3225 8th Street, NE)

10:00am Camila Karam of Sarava Brazilian Dance Co. (Belly Dancing)
If Not For Grace (Hand Dance)

11:30am Shannon Dunne and Friends (Irish Traditional Sean Nós)
Spanish Dance Society

12:00pm Lesole's Dance Project (Gumboot Dance)

1:00pm Washington DC Turkish Folk Dance Troupe
Santi Budaya (Indonesian Dance)

2:00pm Community Circle Dance: group dance workshop

2:30pm Daniel Phoenix Singh (South Indian Dance)

Coyaba Dance Theater (West African Dance)

3:30pm Drum Circle with the drummers of Coyaba Dance Theater:
bring your own drum or percussion instrument

4:00pm Daniel Phoenix Singh: mask-making workshop followed by a
South Indian dance workshop/demonstration

5:30pm Ling Tang (Chinese Dance): demonstration and ribbon dance
workshop

1:00 pm - 4:00 pm

Swing & Salsa Dance Party

National Geographic Pavilion (1600 M Street, NW)

Instruction & performances by Gotta Swing and Salsation Productions

2:00 pm - 4:30 pm

Global Fusion: A Kaleidoscope of Dance

Eastern Market - Market 5 Gallery - North Hall (7th Street and
North Carolina Ave, SE)

Performances by Arax Armenian Dance Ensemble, Audrey Elizabeth
with Sama Ensemble, Panamanian Folkloric Group in Washington,
Kardelen Turkish Dance Ensemble and Dance In Time

6:00 pm

Asia in Legends

Kennedy Center Millennium Stage (2700 F Street, NW)

A selection of ensembles presented by Dance Asia

7:00 pm

Family Fest**

Dance Place (3225 8th Street, NE)

Featured performers include Ziva's Spanish Dance Ensemble, DC
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**Event is free, but tickets are required. For more information,
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Sunday

October 1, 2006

1:00 pm - 3:00 pm

Dance Around the Circle

Dupont Circle (Connecticut Avenue at P Street)

Processional led by Dance Asia followed by a performance featuring
Furia Flamenca. Workshop and recessional under the guidance of
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2:00 pm - 4:00 pm

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Festival Schedule

Friday

September 29, 2006

4:00 pm

Rhythms & Energy

Patricia M. Sitar Center (1700 Kalorama Road, NW)

Performance/Workshop by the International Capoeira Angola
Foundation followed by Culture Shock DC's performance ensemble

6:00 pm

Percussion & Passion

Kennedy Center Millennium Stage (2700 F Street, NW)

Performances by Sharna Fabiano Tango Company, Tappingen,
Lesole's Dance Project and Farafina Kan: The Sound of Africa

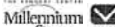
7:00 pm

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FIRST-CLASS: Michigan wide receiver Mario Manningham was named Big Ten Offensive Player of the Week for the second week in a row after catching seven passes for 113 yards and two scores. Heisman Trophy winner Desmond Howard is the only other Wolverine to win the award in consecutive weeks.



Sports

New-Look Clemson Stays Focused

Tigers avoid a typical letdown a week after upsetting Florida State

COLLEGE FOOTBALL | The scenario has been eerily similar through the Tommy Bowden years at Clemson: big win followed by bigger disappointment.

The 18th-ranked Tigers took a big step away from their past with a dominating 52-7 victory over North Carolina on Saturday.

"It says we're a different team," center Dustin Fry said.

Typically, Fry said, Clemson (3-1, 2-1 Atlantic Coast Conference) has problems sustaining momentum and drive after landmark wins. In 2004, the Tigers rallied to beat powerful Miami in overtime at the Orange Bowl, then fell the next week to lowly Duke. A year



FULL STEAM AHEAD: Clemson's James Davis runs into the end zone, helping the Tigers avoid a letdown against North Carolina one week after defeating Florida State.

earlier, an inexplicable 45-17 loss at Wake Forest nearly ended Bowden's time with the Tigers.

Bowden and his staff spent the week after defeating Florida State 27-20 for its first win in Tallahassee since 1989, reminding his team it had a chance to chart a different course when it faced the Tar Heels.

"Usually after a big win, it said all week in the paper that we kind of fall apart," Fry said. "We think, I guess, we arrived and kind of play down to our opponent. This shows that we are a different team than has been in the past."

And that could mean more big things ahead for Clemson.

"They're a good team," North Carolina quarterback Cam Sexton said. "They are fast on defense. They're fast up front."

PETE IACOBELLI (AP)

QB Simms Could Play This Year

Signal-caller in good spirits after spleen surgery, Bucs coach says

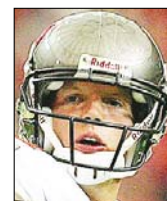
FOOTBALL | Tampa Bay quarterback Chris Simms is out indefinitely after having his spleen removed. However, the Buccaneers have not ruled out his playing again this season.

"We're going to do what our doctors deem is the right thing to do," coach Jon Gruden said Monday, adding he visited Simms in the hospital and found him in good spirits.

"He's going to be just fine. ... His football career is in no jeopardy," Gruden added. "There is a chance he can come back and play this year."

In the meantime, rookie Bruce Gradkowski becomes the starter. Tim Rattay will be the backup, and the Bucs will explore signing a veteran to fill in as the No. 3 quarterback until Luke McCown comes off the physically unable to perform list.

Simms had his spleen removed Sunday night after absorbing several punishing hits during a 26-24 loss to the Carolina Panthers. Gruden said the 26-year-old was examined repeatedly during the game and showed no symptoms of being injured as seriously as he was. (AP)

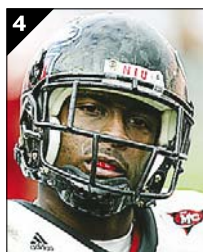
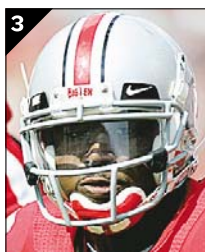
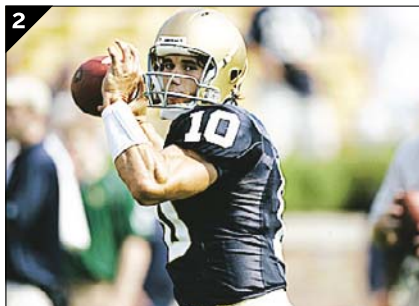
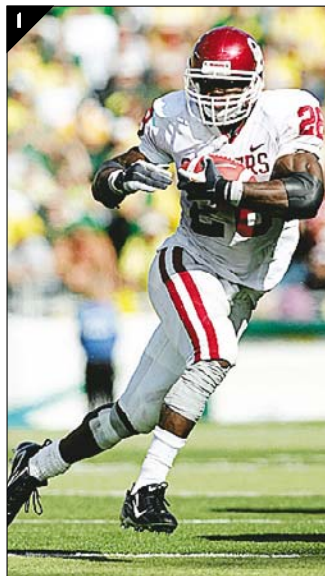


Simms

HEISMAN HOPEFULS

1 Oklahoma running back **Adrian Peterson** rushed for 128 yards on 27 carries and tacked on three TDs. **2.**

Brady Quinn (QB, Notre Dame) bounced back, throwing for 319 yards and five scores in a comeback win. **3.** His 115 yards last week didn't help, but **Troy Smith** (QB, Ohio State) is still the best player on the best team in the country. **4.** The nation's leading rusher is not Peterson, but Northern Illinois running back **Garrett Wolfe**, who is averaging 8.6 yards per carry.



TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) Leading the way in the race for the NL wild card, the Phillies come to town to try to take a few games from the Nats.

ORIOLES (7 P.M. ON COMCAST) With their home schedule all wrapped up, the Orioles hit the road for a three-game series with the Yankees.

COLLEGE FOOTBALL (7:30 P.M. ON ESPN2) Southern Mississippi is at Central Florida as part of the quest to have football on TV every night.

SOCCER (5 P.M. ON ESPN CLASSIC) And the sport the rest of the world calls football gets on national TV when Real Madrid hosts Dynamo Kiev.

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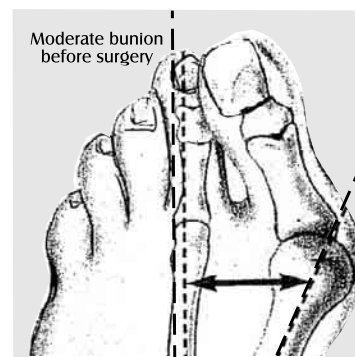
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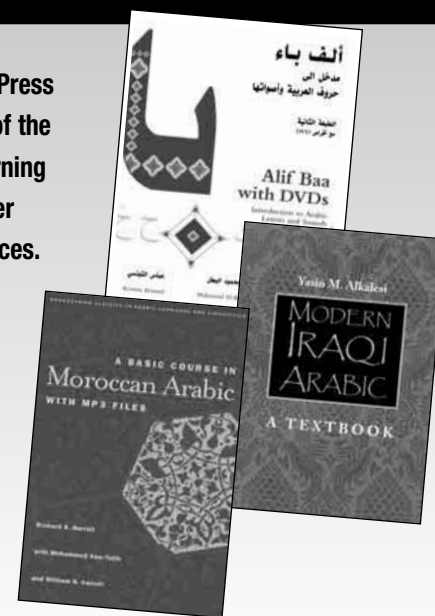
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CAPPING OFF THE SEASON: Washington Capitals star wing Alex Ovechkin will be on hand at RFK Wednesday to throw out the first pitch in a Nats game against the Phillies. Seven of Ovechkin's teammates will join him at the game and will sign autographs during the first and second innings.

Sports

No Quick Fix for U.S. in Ryder Cup

Americans looking for answers after another Europe domination

GOLF | Americans keep looking for a quick fix in the Ryder Cup.

After watching the Europeans post their biggest blowout in 2004 and capture the cup for the seventh time in 10 tries, the PGA of America revamped the qualification process by stacking the deck in favor of the hottest players, no matter who they were.

And who were they, anyway?

The bottom four players who earned spots on this U.S. team — Vaughn Taylor, J.J. Henry, Zach Johnson and Brett Wetterich — have a combined five victories on the PGA Tour, and only Wetterich (Byron Nelson Championship) won a tournament against a decent field.

Nothing changed. Europe won by the same score Sunday, 18 ½-9 ½, leaving the Americans searching for a new fix.



HEAD-SCRATCHING: Phil Mickelson and the U.S. team were again dominated at the Ryder Cup in a year in which it changed the selection process to favor hot play-

"Everyone wants answers out there," Jim Furyk said. "What happened? Why? What's the difference between 18 ½ and 9 ½? And I don't think there's a guy up here that can give you that answer."

Perhaps the most troubling trend for the United States is that there doesn't appear to be any help on the way. The youngest player on this team was Taylor (30), who is about three months younger than Woods.

Europe had the players in their 20s — Sergio Garcia, Luke Donald and Paul Casey — and 30-year-old Henrik Stenson finished first in its Ryder Cup standings.

The Europeans are so strong that Woosnam thought he could have fielded a capable team by taking the next 12 guys in line.

"I'm not saying that we would have gotten this result," he said. "But it just goes to show the potential of European golf. We've got strength and depth for a long time to come."

DOUG FERGUSON (AP)

Hokies Suspend 2 Star Players For Saturday

HOKIES FOOTBALL | Virginia Tech defensive end Chris Ellis and split end Josh Morgan have been suspended for violating team rules and will miss the game Saturday against No. 24 Georgia Tech.

Coach Frank Beamer made the announcement on Monday.

Ellis is one of the No. 11 Hokies' (4-0) most disruptive defensive linemen, recording 12 tackles this year, including one sack.



Morgan

Morgan is Tech's second-leading receiver, with 10 catches for 161 yards and two touchdowns. He blocked two punts, including one for a safety in the Hokies' 29-13 victory over Cincinnati on Saturday. (AP)

More Details: For an in-depth look at the suspensions at Virginia Tech, see Today's Post, Sports

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MENTAL RETARDATION

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Herndon—12013 Stuart Ridge Dr, Single Family House, 703-231-2736 4BED/3BATH beautiful and spacious. Huge backyard. Close to Reston Town Center, airport, Route-7, and the 267-Tollroad.

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KENS—House for Rent. 3-BR, 3 full BA, fin. bsmt., nice back yrd, \$2200/mo. 301-674-2873. 4129 Warner St.

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SE—Renov 4BR, 2FB, CAC, OSP gated, all on 1 lVl, Sect 8 ok. Call Mark, 202-439-8346

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NW—Nr Metro. Lg/furn rm \$400-600 Dep. 202-829-3307; 202-734-2649

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SIL SPG—Nice clean apt to share 10 mins from Sil Spg Metro. Male Pref. \$520 utls incl. **240-694-6645**

SIL SPG—Shr hse. Med sz rm avail., kit/laun priv, access to CATV, conv busline. \$600. Call 301-431-7099

SIL SPG—Wlk METRO. Prof F, shr nice hse, BR's \$595, \$495. utils incld. No smkg. No pets. 301-593-2435

Sil Spr —1 BR, pvt BA in rmdl w/o bsmt,shr kit & lvg area. \$569. 301-768-9696 or 301-879-0433

SPGFLD W—M/F, N/S shr TH, lwr lVl TH, pvt entr, BR/BA/LR w/ F deck, pool, on woods. \$650+utls, dep reg. Call 703-451-6713

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Spacious 1BR, 1BA, + den could be made a small 2nd BR), FP, pool, tennis, rsvd prkg, view \$2K toward closing. 134 Roberts Lane #401. 703-623-2399

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1BR/1BA and assigned parking. RENOVATED! Less than 1 mile to Silver Spring Metro (Red Line). It's Silver Spring and it's Affordable! Plus...6 months of condo fees FREE! Includes all utilities. MLS#MC6118547. Contact **Semedra M. Thomas-Fields, Realtor - Horizon Real Estate Group. (o) 301-486-3737, (c) 301-351-0999** or email: semedra@hreg.biz

SW/1250 4th St #101W/CARROLLSBURG\$331K
—2BR 1½BA, nr Metro. Granite, marble bathrm, marble & slate flr in hallway. OPEN: Sat. 11am-2pm & Sun 1-3pm. Call 202-329-4403, Murrell Realty
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Near Golf Course & Bike Trail
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ALEX—Near all bases & Metro. New TH & SFH, 3 & 4 BR, 2½BA, 3 & 4 levels, 1 & 2-car gar. Avail now, thru May 07, Owner financing. Rent to own, Rent, Credit issues/bankruptcy no problem. 703-899-6752.

Alex/Old Town \$550,000 1202 Oronoco St. 3bd/2ba 2 living areas. Renov w/granite, SS, Hdwws, Lvl w/dog wash, walk to Metro.

Long & Foster Mindy Brubaker 571-242-9913
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ONLY HOME ON BLK W/3 CAR DRVVY!
3lVl-2BR/2BA TH with serene vd, fin basement, new HVAC, hdwds & more! From OT-S Rt 1, R Huntington, R Mt. Vernon, R Arlington Terr.
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Lovely hardwood floors in this 3BR, 2.5.BA TH. Deck off the kitchen, backs to woods. Vaulted ceilings in BRs. Walkout basement. Great location.
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Quiet Enclave
Close-in TH in super condition. MBR w/ attached BA, hdwd flrs., shady patio. See today! Call Kit Britton, Re/Max Allegiance, 703-294-6705.

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3 lVl TH, 4 BR 2 1/2 BA, CAC, shows well, built in 1989. Edward Cunningham, Exit Premier Realty 301-669-0063, 301-560-6700

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Stunning 3 lVl TH, 3BR, 2FB, 2HB, fin. bsmt w/wet bar. Fenced back yd w/deck & shed. Hdwd flrs main level, 2-sided flp off Dining Room Bks to woods & playground. MLS#FX6196443. Call Tobey Converse, Infinity Realty 703-470-7094.

CHANTILLY \$580,000
Stunning 4BR/3BA on private pipestem in Armfield Farm. Large deck overks huge yd.

Long & Foster 703/938-4200
CLINTON \$250,000

ELEGANCE X 2
2 BR 2 lVl TH. Like new w/w cpt, security doors by Medallion, security windows by Long Fence, beaut. mirrored interior doors, CAC, W/D, D/W, smooth top stove, call 202-297-0920 Ivan Brown Realty

COLUMBIA HEIGHTS \$424,900
New Price, New renovation!
Brick 3BR, 2.5BA, eat in kit, stainless steel appl, granite, hdwd flrs, cac, OSP. 750 Morton St. NW
Al Grant
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100% finc w/good credit 2nd fl
\$269,000/bo 301-996-6077

HERNDON \$415,000
Warm and welcoming home in Franklin Farm, packed w/ high-end upgrades. A must see! DIR: 66/50W / R Fx Co Pkwy / L Franklin Farm / R Old Dairy / R Tayloe Ct / 3283.

Long & Foster 703/938-4200

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HOT PROPERTY 12841 HOLIDAY LN WON'T LAST
Lovely 4BR col, 20x20' edt. Too many, must see! 12841 Holiday Ln, Bowie MD 20715. Rt 197 Holiday ln to 12841. Weichert Realtors 301-262-3100

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Kings Park West—998B Beckett Court, Single Family Home, 4 br, 2 ba, 1 1/2ba, OPEN EVERY SUNDAY 1-4 PM. Huge Price Reduction, lots of updates, fenced yard, \$479,950, 703-731-6102

LORTON \$229,900
Excel Condo TH. End Unit. Must see. New ac/hdwd flrs/carpet/dwr. 2BR 1BA. close to shopng ctr. Closing Help avail. 703-568-2897.

NW/DOWNTOWN—Warehouse office, 3000 sq ft, overhead door, conv. Convention Center, subway, ideal ops center/courier, delivery, service provider. 202-289-4909

OXON HILL \$185,000
2BR 1BA renovated, W-W crpt, new kit, near public transportation. The Real Estate Store 301-423-8081

RIGGS PARK \$360,000.
Newly updated, 3BR 1.5BA, semi-detach brk col. 5703 6th St. NE. Call Isabel, Ivan Brown Realty Inc. 202-445-5477.

ROCKVILLE/310 Crabv Ave \$399,900
OR LEASE OPTION. Rent or Rent to own. Please see casarealestate.com for photos & details.
Call CASAS RE 301-340-0558; 301-717-9114

SE—3 BR SFH. \$359,900.
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Travel

In Texas cowboy country, a man leads treks using camels

In the rolling wide-open country of Bosque County, where one Central Texas ranch resembles another, the directions Doug Baum gives to his place are distinctive: On the corner, white house, red roof, camels in the yard.

Sure enough, hundreds of miles from the nearest desert, a half-dozen camels are munching on leaves in the nearly 100-degree midsummer heat.

The animals constitutes the Texas Camel Corps, Baum's tribute to an almost forgotten chapter of the state's history and an opportunity for the adventurous to get a taste of the Bedouin life — Texas style.

For some eight years now, Baum and his camels have led folks on treks replicating a mid-1800s federal government experiment to introduce the animals to Texas. The trips include a journey into what then was the unexplored rugged but spectacular Big Bend area that ultimately became a national park along the Texas-Mexico border.

Not coincidentally, the Big Bend is among the areas where Baum takes people on overnight trips, along with Monahans Sandhills State Park in West Texas. Unlike

“I knew the ultimate goal was education in camels in some form other than a sideshow.”

DOUG BAUM
TEXAS CAMEL CORPS

the rocky desert and mountains of the Big Bend, the Monahans trek features Sahara-like sand dunes up to 70 feet high.

And bowing to the reality of high fuel prices, he now welcomes visitors who prefer to travel closer to home to his place outside Valley Mills, about 30 miles northwest of Waco.

Camels first were brought to Texas in 1856 at the urging of Jefferson Davis, the future Confederate president who was the U.S. secretary of war at the time.

Davis was familiar with the desert Southwest and the animals were assigned to Army troops and based near present-day Kerrville northwest of San Antonio. During the Civil War, some camels were captured by confederate forces. After the war, the animals, never a favorite of the troops, were sold off.

Baum started his camel career 1993, featuring two camels at school and museum presentations and living history programs.

“I saw the reaction and started building on it from there,” he said. “I knew the ultimate goal was edu-

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DESERT LIFE: Doug Baum is greeted by one of his camels as he walks with his son Pecos, 6, before feeding their herd of camels in Valley Mills, Texas. Baum leads treks with camels to the Big Bend, where there are Sahara-like dunes up to 70 feet high.

Hump Days

IF YOU GO

TEXAS CAMEL CORPS:

Valley Mills, Texas; <http://www.texascamelcorps.com> or 254-675-4867. Big Bend camel treks: \$650 overnight, \$950 for three days. Monahans Sandhills camel treks: \$400 overnight. Prices include guides and cooks; half-price for children 14 and under. Treks involve rough camping; guests must be able to walk 5-10 miles a day for Big Bend and 3-5 miles a day for Monahans.

cation in camels in some form other than a sideshow.”

By 1999, he was leading treks from his home. Some who've been on a trek said it was a unique experience.

“I have a lot of outdoor interests, and camel trekking fits in nicely with that,” said John Horne, a Houston-based land surveyor who went to the Big Bend with Baum last fall. “My aim was to gain as much working knowledge of camels as possible on that trip, as well as break through the ‘dude’ stage of my camel education.”

Horne, 50, used words like “fantastic” and “incredible scenery” to describe the trip, which Baum designs as not merely a tourist camel ride. For example, the camels for the most part carry gear, food and, importantly, water. People walk.

“It's hard, hard going,” Baum said. “I think it's fun, but I try to make sure people know it's going to be rough. ... You wouldn't want to do it with kids, especially in the summer. It's work. I don't try to make it hard on folks, but it is what it is.” MICHAEL GRACZYK (AP)

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Evolution of Cupcakes

Sweets

Once just for kids, these classic treats have come a long way

The cupcake is a classic, let's face it. An unsung favorite for eons, in recent years it has hit the culinary pop charts, even the art scene. The sugary little darlings have become big business, but they still retain their cozy place in our hearts.

These days, not only do bakeries across the country sell cupcakes, but you can go out to eat at a cupcake cafe and choose a ritzy cupcake from the dessert menu of an upscale restaurant. You can order cupcakes online from cupcake boutiques, there are plenty of cookbooks focusing only on cupcakes, and you can get married with cupcakes starring at the wedding feast.

Dede Wilson's newly published "A Baker's Field Guide to Cupcakes" (Harvard Common Press, 2006, \$17.95) is as smart and handy as a cupcake itself: a colorful ring-

"I think for a lot of us as children, cupcakes seemed to be tied in with school functions."

DEDE WILSON
CUPCAKE BOOK AUTHOR

bound collection of some 60 recipes for every occasion, each with photos and "field notes" besides loads of other tips.

Children have always felt a close link to these diminutive confections, Wilson pointed out recently, speaking from her home in Massachusetts. After all, each cupcake is yours alone: "All of that cake and frosting is just for you."

Also, she said, "I think for a lot of us as children, cupcakes seemed to be tied in with school functions — you often didn't see them outside that mother-child home-baking connection."

That was then.



Chocolate cupcakes are now passé. This recipe includes pineapple and ginger.

Indeed, cupcakes have now totally grown up. The demure white or yellow coexist with more soigne versions: Sophisticates including hazelnut praline, orange savarin, raspberry Sacher torte and tiramisu

with espresso have been spotted on stylish menus.

What's their charm?

Chicago food stylist and recipe developer Lisa Bishop thinks people love cupcakes because they're a des-

sert that doesn't carry too much guilt. "Cupcakes can be rich, homemade, trendy — but they are not as overwhelming as a cake," she said.

Terri Leckas, owner-operator of Queen of Cakes, Edina, Minn., sees things from the professional cake-maker's point of view. "I believe one of the reasons people choose them for weddings is so they can get around the serving fee caterers charge for cutting large wedding cakes," she said.

Cupcakes are often ordered for weddings now, she said — the largest number they've made for a wedding was 300, she recalled. Cupcakes are more casual than a formal wedding cake, she said, but on a stand they can be made into quite a fancy presentation.

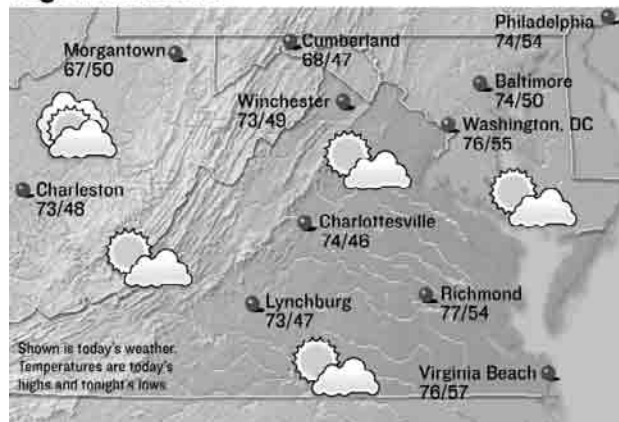
Looking back, food historians believe the name cupcake was used at least as early as the 19th century. The Food Timeline Web site says historians have not quite determined the origin of the name, and there's evidence to support two theories: one, that the name comes from measuring out ingredients by the cup, and the other, that these little cakes were originally baked in cups.

Wilson's book brings the high-flying cupcake back comfortably into the home kitchen with basic advice. Aim for the best, she said, "Bake your own and make them good." JOAN BRUNSKILL (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
76°	55°	76° / 60°	78° / 58°	62° / 49°	66° / 52°

Regional Weather



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Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	75°
Low	62°
Normal high	76°
Normal low	58°
Average humidity	50%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	5.26"
Normal month to date	3.19"
Year to date	34.94"
Last year to date	29.61"
Normal year to date	29.45"

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Regional Forecast

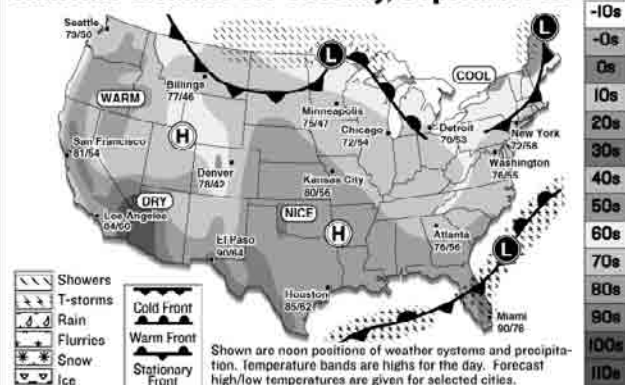
D.C. Metro: Today, mostly sunny. High 76. Wind north-northwest 4-8 mph. Tonight, mostly clear, patchy late-night fog. Low 55. Wind southwest 3-6 mph.

Sun and Moon

Sunrise today	6:59 a.m.
Sunset tonight	6:59 p.m.
Moonrise today	11:01 a.m.
Moonset today	8:44 p.m.

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Sept 30	Oct 6	Oct 13	Oct 22

National Weather for Tuesday, September 26



National Cities

City	Today	Wed.
Atlanta	76/56/s	80/56/pc
Boston	72/52/s	68/58/s
Chicago	72/54/pc	67/47/pc
Dallas	87/64/s	90/63/s
Denver	78/42/s	67/38/s
Honolulu	88/75/s	88/75/s
Los Angeles	84/60/s	84/60/s
Miami	90/76/pc	90/75/pc
New York City	72/58/e	72/60/e
Orlando	90/72/t	90/70/pc
Seattle	73/50/s	75/49/s

World Cities

City	Today	Wed.
Amsterdam	66/56/sh	68/57/pc
Athens	75/66/pc	75/64/c
Berlin	78/58/pc	75/55/pc
Buenos Aires	75/59/s	75/57/sh
Calgary	62/34/c	66/44/c
Dublin	64/59/r	64/57/r
Geneva	66/52/sh	64/45/pc
Moscow	64/42/pc	57/44/s
Rome	74/64/r	75/64/pc
Sydney	66/57/pc	70/59/pc
Tokyo	73/68/r	77/66/sh

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | LOOK^{*}out



STOCK PHOTO

RANDOM MATH: Women's sizes can range from store to store, from year to year, leading to a war between practicality, body image issues, and full-out confusion.

Scaled-down sizing flattering to some, infuriating to others

The sight of all those size-0 models on the Fashion Week runways recalls an oft-quoted line from the film "The Devil Wears Prada." Happy to be a size 6, the impressionable young fashion assistant Andy Sachs is soon brought down to size: Six, her mentor declares, "is the new 14."

But for the rest of us folks, the question may be even more basic: What is a 6, and what is a 14?

As any woman who tries on clothes frequently can attest, a 6 in one place can indeed be a 14 somewhere else — or an 8, a 10, or a 2. Which makes you wonder: Is there any logic to sizes, or are they just a random jumble of numbers?

The question might not matter, if the whole issue of size didn't matter. But as the fashion industry has long known, a woman's size certainly does matter — to her. Call it the psychology of size: We care deeply about the number on that tag.

Size Matters

Just ask Andy Steiner, a mother of two in St. Paul, Minn.

"I hate to admit it," said Steiner, 38, "cause I know size is just a number and I like to think I'm too smart — and feminist — to fall for that. But I certainly have a size I consider myself. Of course, I'll buy smaller — and maybe one size bigger. But I'd never buy two sizes bigger. Way

too depressing!"

Steiner recalls a particularly rash fashion decision three years ago, when she bought a pricey, too-short designer dress in hot pink, a color she dislikes. But it was a size 2, and she was literally flattered into buying it.

Which is why some clothing lines engage in so-called "vanity

sizing" — skewing sizes down to make the customer feel better. It's the reason you might be able to pull an 8 out of your closet from 10 years back, but now, in the same label, you're a 4.

And yet vanity sizing doesn't explain most of the disparity. The larger picture is that every designer uses their own silhouette, or "fit model," based on their target audience, said Dan Butler of the National Retail Federation. There were once government guidelines for sizing, he says, but they were abandoned decades ago, and were never mandatory. Maybe that's a good thing, said Yalof Schwartz: "Everyone would be depressed. I'd rather feel skinnier."

As for Steiner's "it-was-the-size-2-talking" dress, she wore it once, to a wedding. "I wanted to pull out the size label and show people why I bought it," she laughed. She ended up lending it to a friend, who also wore it once.

"She was happy to be a size 2."

JOCELYN NOVECK (AP)

File
UNDER
Fad

Beauty



As Spicy as Tapioca

Looking for the scent equivalent of plain oatmeal? **DONNA KARAN GOLD** (\$75 for 1.7 oz, Nordstrom) is it. This is the perfume your mom wore before going out on date night with your dad; you smelled it while sitting on their bed waiting for the baby sitter and hoping you got Spaghetti-Os for dinner. It's placidly uninteresting and stirs no emotion other than hoping that cool video with the people that were drawings came on MTV and the baby sitter let you stay up past 10. KRISTEN PAGE-KIRBY (EXPRESS)

Supplies



Post-It, Take Me Away

Are you still dressing up your desk with pictures of your kids? Forget that, because now you can make your **POST-IT** Pop-Up dispenser reflect your personality. New interchangeable inserts (\$10 for dispenser, insert and a pad of notes) are available in floral, tropical, travel and sports themes. Some come in double-sided designs, in case you get bored of looking at one tropical ocean scene. There are even a few that are 3-D looking, which is really cool or really annoying, since they tend to look like they're moving when seen out of the corner of your eye. Just like your kids! K.P.K.



from readexpress.com

Rolled Paper Art in Dupont

ART | Before there was 14th Street Northwest's art corridor, there was Dupont Circle. Though this nabe served for years as the art hub of D.C., the quaint Dupont town houses were never cut out for the task. As tastes and trends gravitated toward larger and more ambitious works, galleries evolved from cozy homes with interesting nooks into storefront spaces with commercial loading docks. The gallerists in Dupont would no doubt vehemently disagree that the market has left them behind — and, occasionally, one of those galleries puts on a show to prove it.

Marsha Mateyka Gallery on R Street (west of Connecticut Avenue) is featuring just one of those shows this month: new works by Jae Ko.

Subtle and relevant, the artist's tightly rolled, inked paper sculptures develop in striking ways between every solo show — making Mateyka a must-visit destination whenever Ko is on. Viewers looking for the full sensorial experience won't want to miss Ko's work; the cross-sectioned rolls invite the viewer's touch, while the colored inks tease the light. They even have an inviting smell. **KRISTON CAPPS**

Anonymous Fishbowler

LOCAL BLOGS | **MEDIABISTRO.COM**'s blog for the Washington media sector, Fishbowl D.C., has finally named a new contributor to join editor Patrick Gavin. But the new contributor is — gasp! — anony-



ON THE TRAIL: The abandoned Cabin John trolley line is an out-of-the-way secret.

mous, posting under the name "Inky." (You'll remember Inky from his/her days floating around with Blinky, Pinky, Clyde and Sue.) Mediabistro officials say Inky isn't in the journalism biz, but knows the ropes. Check out a few guesses at Inky's identity — or make some of your own — at **READEXPRESS.COM**.

MICHAEL GRASS (EXPRESS)

→ Coming Up Today

Until 1960, the No. 20/Cabin John trolley connected the District to Glen Echo Park in Maryland. Parts of the abandoned line survive and run through the Palisades, a leafy D.C. neighborhood whose aging bungalows and cottages give the impression that it's far away from the noisy crush of big-city life.

? Poll Center

TODAY'S QUESTION

Will racism allegations hinder George Allen's campaign?

1. Yes
2. No

YESTERDAY'S RESULTS

Has the war in Iraq increased the threat of terrorism?

YES **NO**

80% 20%

As of 5 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



"This is the way you successfully fight an intelligence war. It's not to our advantage to let whoever did this know we know everything."

PENRAKER.COM SUGGESTS THAT THE FEDERAL GOVERNMENT'S ANNOUNCEMENT THAT IT REMAINS BAFFLED BY THE SOURCE OF THE 2001 ANTHRAX ATTACKS IS A STRATEGIC ADVANTAGE.

Van Ness-Centric Life

"If we could just get another dry cleaners to go along with the four existing ones ... we could potentially get the Dynamite Double of Sandwich Shop and Dry Cleaner Capital of the World."

CONNAVEDCBLOG.BLOGSPOT.COM NOTES THAT A POTBELLY SHOP HAS OPENED UP NEAR THE VAN NESS-UDC METRO STATION, ADDING TO THE AREA'S SANDWICH CLUSTER.

"... I'm sure you can imagine just how expensive items are at those vendors."

GOLB.ORG REACTS TO THE LIFTING OF SOME SECURITY RESTRICTIONS ON LIQUIDS ABOARD PLANES. YOU CAN NOW PURCHASE DRINKS FROM SELECT AIRPORT VENDORS AFTER GOING THROUGH SECURITY.



An Uneasy Return

"Could there be a better time to lay down some completely inappropriate similes? Because you know, having football games in the Superdome is like: Having a picnic on Anne Frank's grave while reading 'Mein Kampf.' ... Moving Giants Stadium to Ground Zero. And renaming the Giants 'The Jets.'"

POPPOPBANG.BLOGSPOT.COM IS UNCOMFORTABLE THAT THE NEW ORLEANS SAINTS HAVE MOVED BACK INTO THE SUPERDOME.

Naomi's Blood Is Boiling

"I'm guessing that probably the only thing scarier than a violent Naomi Campbell giving you a tongue lashing ... is having absolutely no idea why she's doing it."

SOCIALITELIFE.COM RELAYS NEWS OF THE MODEL'S LATEST ANGER MANAGEMENT INCIDENT IN WHICH SHE ALLEGEDLY VERBALLY BERATED A QANTAS AIRLINES EMPLOYEE FOR NO APPARENT REASON.



Live Online

Daily Commute

Washington Post staff writers **STEVEN GINSBERG** and **LENA H. SUN** were online Monday at washingtonpost.com to discuss the area's transit problems and Metro's future plans.

The influence of Washington spreads commuters far beyond what Metro, VRE and MARC serve. When, if ever, can we hope to see some movement in Virginia, Maryland, or perhaps even Pennsylvania, towards building a viable regional rail system to serve all the way to Richmond in the South and Harrisburg in the north?

S.G.: That's a good question. It's hard enough right now getting movement on improving what we have, much less trying to get more. Conceivably, Virginia lawmakers could do something this week when they meet for a special session to discuss ways to improve transportation. Doesn't seem likely, though.

Are there any plans to add music to the Metro stations or trains?

L.S.: Yes, Metro is considering adding live entertainment to the subway system. The board is supposed to receive a more detailed presentation later this fall. When it was first discussed this spring, the members were quite divided about what they thought was appropriate for the system. So stay tuned.

Do either of you know if Metro plans to ever have "express" trains? What I mean are trains that can travel directly to the last few stations on the ends of each line that receive half the amount of service as those at Silver Spring or Grosvenor on the Red Line.

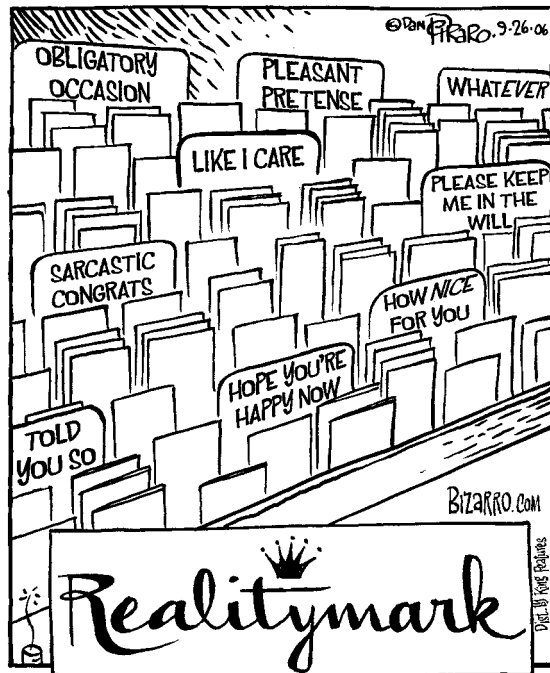
L.S.: Yes, express train service is something they are considering after they get all the new rail cars. (50 are supposed to be here by the end of the year, and they are supposed to get 134 in two years.) The idea that has been discussed at the staff level is to have one train skip a few stops from the end of the line, say Shady Grove, on its way into downtown. The next train after that would make all the stops. The board is supposed to hear about some of these ideas early next year.

DON'T

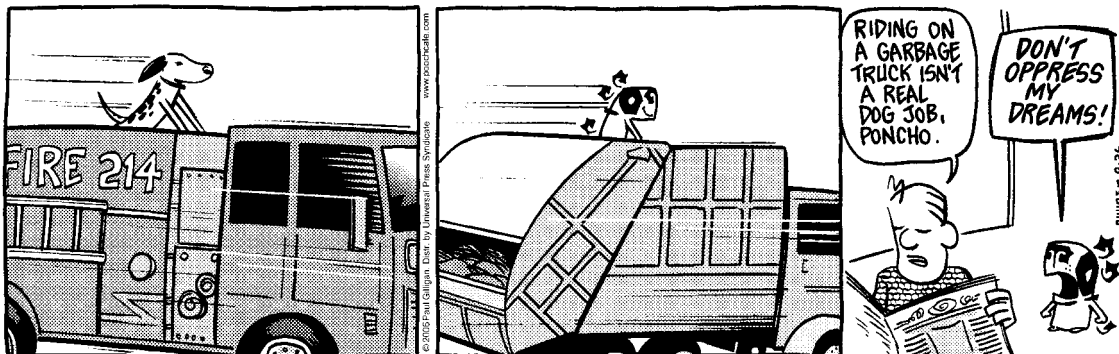
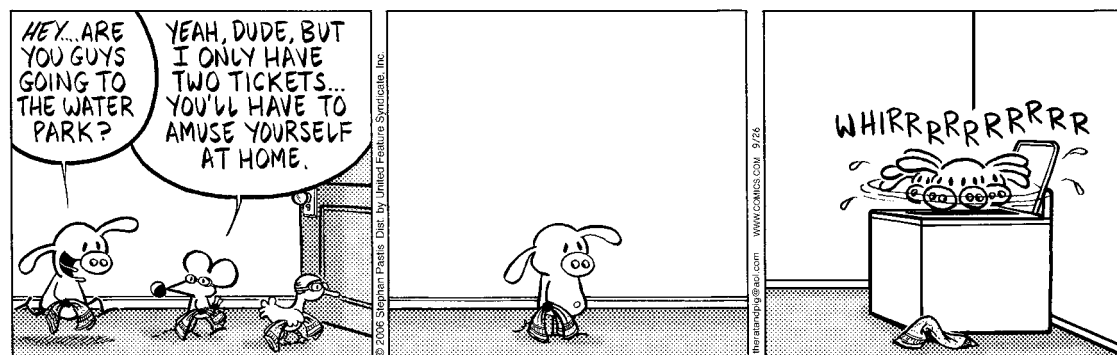
COMPLAIN ABOUT GAS PRICES. You wouldn't worry if you had a Moonbeam — they get 100 miles to the gallon. Of course, since they're too ugly to be sold commercially, you have to make one yourself. Instructions at mysite.verizon.net/vze6omtd/jorysquibb.



TODAY ON LIVE ONLINE: Writer and nationally syndicated columnist Arianna Huffington discusses her new book at 1 p.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"Just give me your wallet. Trust me, you do not want to deal with my misplaced sense of entitlement."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) You're bent on breaking the rules, but you must consider the long-term effects of your actions. Try a more conservative strategy.

SCORPIO (Oct. 23-Nov. 21) You may not have all the time you need to attend to every duty, so you're going to have to prioritize. Follow the lead of a close friend.

SAGITTARIUS (Nov. 22-Dec. 21) Your determination will serve you well; there are things you have to do that are made all the more difficult by someone's lack of help.

CAPRICORN (Dec. 22-Jan. 19) You may be confused by reports received about the results of recent efforts. Do your own investigation; find out what's really going on!

AQUARIUS (Jan. 20-Feb. 18) Romance beckons, but you have a great deal of work to do before you can knock off and enjoy any kind of personal indulgence. Be businesslike!

PISCES (Feb. 19-March 20) You'll receive

word from someone that allows you to lighten up a bit and do things in a more relaxed and free-form sort of fashion.

ARIES (March 21-April 19) Things may transpire that appear to be conspiring against you — but you must remain calm, focused and on guard against deception.

TAURUS (April 20-May 20) You must work harder than usual to keep distractions at bay — though certain side issues must not be ignored. Balance what you can.

GEMINI (May 21-June 20) They say practice makes perfect, but you may feel further from a goal than you have in the past — despite all the recent practice!

CANCER (June 21-July 22) You mustn't make up any excuses for things that go wrong — nor must you make any promises you can't keep. Tell it the way it is!

LEO (July 23-Aug. 22) Stamina is the key. You have what it takes to outlast the competition and refine your own work in order to maximize the results.

VIRGO (Aug. 23-Sept. 22) You may be distracted by things that do not matter, and attracted to new developments that have little to do with your primary concerns.



The Boeing 767 airliner made its first flight in Everett, Wash., today in 1981.

Today in History

1777 British troops occupy Philadelphia during the American Revolution.

1789 Thomas Jefferson is appointed America's first secretary of state.

1888 Poet T.S. Eliot is born in St. Louis.

1955 Following word that President Eisenhower has suffered a heart attack, the New York Stock Exchange sees its worst

price decline since 1929.

1980 The Cuban government abruptly closes Mariel Harbor, ending the "freedom flotilla" of Cuban refugees that had begun the previous April.

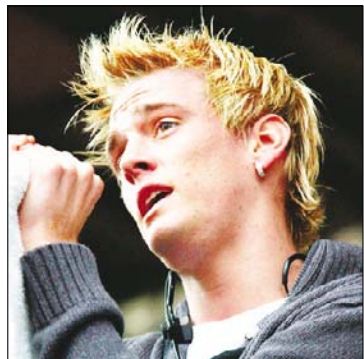
1981 The twin-engine Boeing 767 makes its maiden flight in Everett, Wash.

1986 William H. Rehnquist is sworn in as the 16th chief justice of the United States.

1991 Four men and four women begin a two-year stay inside a sealed-off structure in Oracle, Ariz., called Biosphere 2.

LOOK out

People



To do: Frost tips. Cure acne. Propose.

CARRIED AWAY

He'd Only Meant to Give Her a Promise Ring

AARON CARTER has broken off his engagement. The 18-year-old pop singer called off his engagement to actress Kari Ann Peniche, 22, a week after he proposed onstage in Las Vegas. "I got caught up in the moment and proposed," Carter said. His brother is Nick Carter of the Backstreet Boys. (AP)

DARKNESS

The Ugliest Divorce Ever Somehow Gets Even Uglier

A New York judge threw out a \$10 million civil assault lawsuit Monday filed against Liza Minnelli by her estranged husband, **DAVID GEST**, who claimed she beat him during alcoholic rages. The judge granted Minnelli's motion to dismiss the lawsuit on grounds that Gest's doctor had failed to rebut the singer's medical expert, who said Gest's headaches were caused by a strain of herpes that causes shingles. (AP)



GACK

Paris Sullies Entire Bavarian Tradition

PARIS HILTON knows a fetching outfit when she sees one — even if it's something more likely to be found on Bavarian women heading toward church in the Alps. Hilton showed off a golden dirndl-inspired creation in this Bavarian city famous for its beer drinking and its annual Oktoberfest, which began Sept. 16. "I've found four of them and bought them," she told photographers Monday before heading to one of the massive beer tents where the libation flows freely. (AP)

SPEECHES

Mel Makes Nice With Liberals, Incans

MEL GIBSON criticized the war in Iraq while promoting his new film "Apocalypto" at a Texas film festival. Gibson, 50, drew parallels between the collapsing Mayan civilization and the United States Friday at the Fantastic Fest in Austin. "The precursors to a civilization that's going under are



Mel wilts some flowers with his "vampire face."

the same, time and time again," he said. "What's human sacrifice if not sending guys off to Iraq for no reason?" he asked. The surprise appearance was one of the first times Gibson has spoken in public since his racial slur-laced tirade while being arrested for drunken driving in June. (AP)



SMART

Oprah Knows Good Publicity When She Sees It

OPRAH WINFREY says her lawyers shouldn't have gone after a man who's trying to promote her as a candidate for president in 2008. "I feel flattered by it," she said. "My lawyers overreacted, I think, by sending him a cease-and-desist order." It should have been handled in a phone call, said Winfrey, who said she's thinking of calling Patrick Crowe of Kansas City, Mo., herself. (AP)

Oprah adores it when the common folk worship her — it feeds her very soul.

LIES

Singer Cries Self to Sleep Every Night, But Refuses to Admit It

PAUL MCCARTNEY is doing well. McCartney, who appeared Monday to launch his classical album, "Ecce Cor Meum," did not comment directly on his split from wife Heather Mills McCartney. Asked how he had been coping in recent months, he said: "I'm doing fine, thank you. It's OK." (AP)



Paul has stolen Heather's wand, the source of her power.

MARY MCCARTNEY/AFP/GETTY IMAGES

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LOOK out

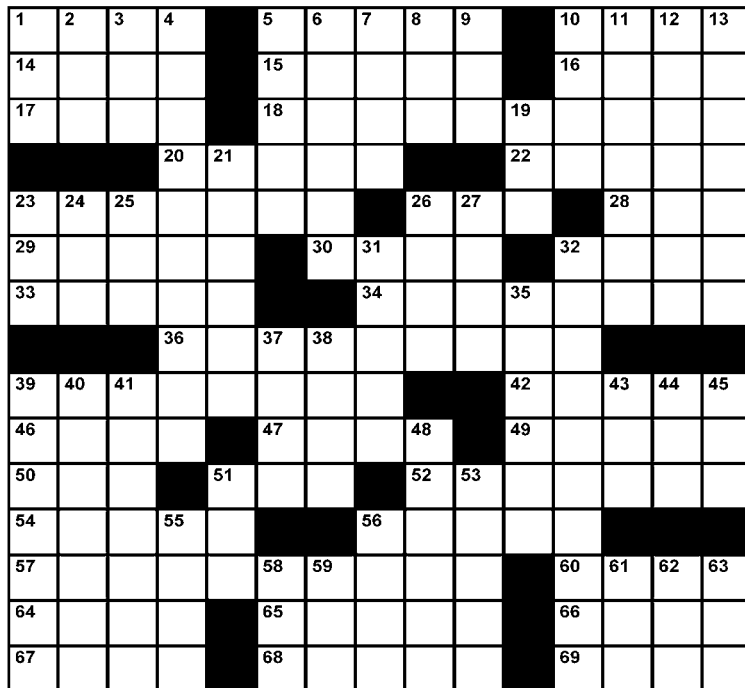
In Traffic

ACROSS

1 Computer screen listing
5 Ore analysis
10 Short math course?
14 Hot spot
15 "For ___ is the kingdom ..."
16 Prefix meaning "blood"
17 Kind of blocker
18 Longtime favorite Neopolitan song
20 They're on the jury
22 Archie's spouse
23 Temporary substitute
26 Hip buddy
28 Menlo Park monogram
29 Kitchen implement
30 ___ gin fizz
32 Greek cheese
33 Aquatic organisms
34 Placed in a grave
36 Like rush-hour traffic
39 Gambler
42 Blackflies
46 Mouthward
47 Words with shame or boy
49 Subway support
50 "Close the fridge!"
51 Necessity for a natural in blackjack
52 Drops in
54 Marital ceremonies, e.g.

DOWN

56 Massey of vintage Hollywood
57 Made extensive revisions to
60 Cried "uncle!"
64 German philosopher, 1724-1804
65 Start of a clairvoyant's comment, perhaps
66 Sinister
67 Last word in an ultimatum
68 Like Froggy's voice
69 Line for a sewer?
1 Don's bunch
2 Notable night
3 Dot follower, in some addresses
4 Still angry
5 One place to be lost
6 They might raise quarters
7 Confessional topics
8 Formicary resident
9 Bill passer's vote
10 Dull sound
11 Poet, at a reading, e.g.
12 Do likewise
13 "Give it a try"
19 Sign abutting Virgo
21 Wading birds
23 Mineral spring
24 World chess champ, 1960-61



25 Dot follower, in some addresses
26 Beethoven's birthplace
27 Out of the rat race (Abbr.)
31 They cook up whoppers
32 Sites of some feature stories
35 Prods
37 Auricular
38 Sneaky guy
39 Lose everything
40 Airport listing
41 Arboreal carnivores
43 ___ gratia artis

44 Keyboard key
45 Finder of secrets
48 Fast follower?
51 Butt bit
53 Yesterday's tomorrow
55 Art Deco icon
56 Guadeloupe and Martinique, e.g.
58 Gas station amenity
59 Noted basketball team
61 Roman salute
62 By way of
63 Creepy film street

Yesterday's Solution



Su|do|ku

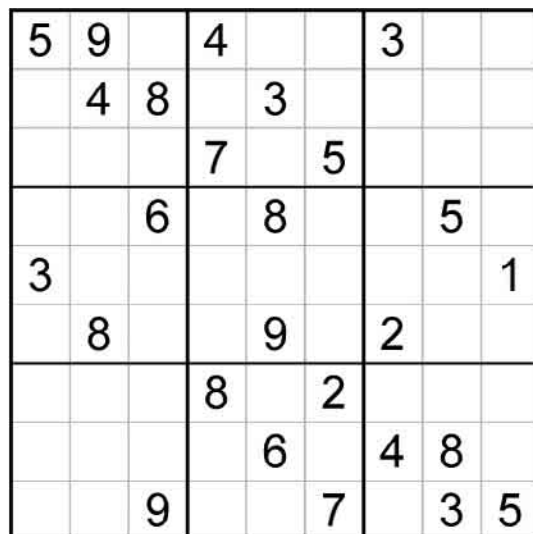
Degree of Difficulty: HARD

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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PHYS ED

Lean Greene



Bob Greene chats about his new XM radio show and how he keeps Oprah skinny | **E8**

NUTRITION

Fake Health Food



It may look healthy, but check that label and prepare to be shocked | **E9**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | SEPT. 26-OCT. 2, 2006

Join the Club

The scoop on Mint, Vida and D.C.'s gym boom | **E6**

Man vs. Machine

Show the treadmill who's boss with this routine | **E5**

BaggageCheck

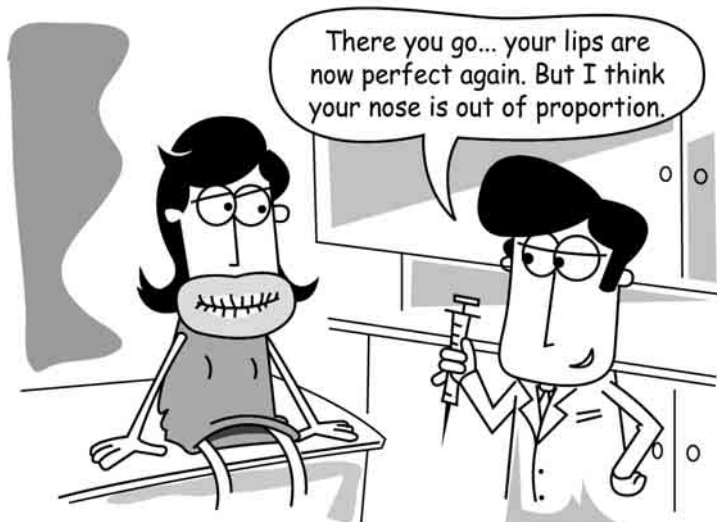
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Too Much of a Good/Dubious Thing Is Bad

Q I am a 31-year-old woman who's seriously considering some cosmetic procedures. This started with Botox, suggested by my dermatologist because as a fair-skinned, sun-damaged woman, I have more than my share of wrinkles. Since then, I've been exploring the possibility of other procedures. I actually have a consultation scheduled for a nose job, and have been Googling liposuction. This is not me; I am concerned. Am I on some sort of slippery slope?

—WONDERING IN WASHINGTON



ERIC REECE

With all due respect, step away from the rhinoplasty!

Yes, Cher's "Turn Back Time" video confirms that plastic surgery can sometimes be a slippery slope. Without writing a manifesto on the merits of internal versus external beauty or the sociological detriments of everyone vying to be

the next "Swan," I will say that the fact that you feel this is "not you" is a warning sign. Doing something outside your comfort zone can be great when it involves taking a trip, trying a new cheese or reaching for a career challenge. But when it involves a scalpel and a permanent alteration of your physical identity,

it's time to take a deep breath and ask yourself what it is you're really wanting to change.

Q My boyfriend of almost four years loves to play poker, especially online. The problem isn't that he's los-

ing money; he actually makes a lot. (He also holds a full-time job.) But no matter how much we talk or fight about it, he can't seem to control the amount of time he plays. He plays after work until I get home, and on weekends when I'm out of town (which is fairly often), he'll stay up until 6 a.m. playing. I try to convince him to limit the playing because I don't think it's healthy. He says that he will, but two weeks later he's back to it, nonstop. Setting boundaries doesn't seem to work, and I'm frustrated that he doesn't follow through. Do I need to back off, or is there a better way for me to handle this? —NO NAME, PLEASE

Though sheer frequency alone is not enough to indicate a problem with gambling, it's obviously preoccupying your boyfriend, interfering with his sleep and relationships, and rendering him incapable of sticking to limits. Big whoop that he's not losing money, as he's losing so much more than that (though to be quite honest, it's hard for me to imagine anyone who's gambling that much and not losing money — Rain Man notwithstanding.)

I know it's the classic dilemma — to be helped, he has to want to get help. Which brings me back to you. Let's say this isn't even an addiction/compulsion question. If he was doing anything else with

It's hard for me to imagine anyone who's gambling that much and not losing money.

such nonstop, unyielding intensity — online chatting, collecting sponges, dancing to Bananarama — it would be a problem for your relationship. So backing off isn't the answer. Ultimately, it will be his choice as to whether he wants to get his life and relationship back, and it will be your choice how long to wait for that to happen. Check out ncpgambling.org for further support and resources.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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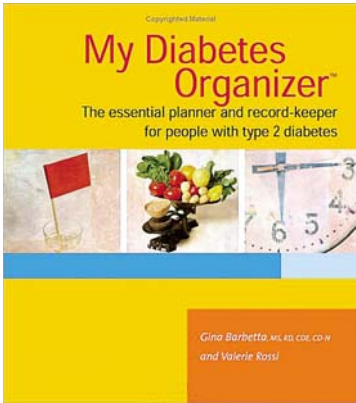
Every Thursday in Express.



A publication of The Washington Post

Fake Sugar,
Fake Flavor

INSTEAD OF PUMPING flavored syrup into plain old coffee for an artificial mocha, hazelnut or vanilla twist, dump in a Splenda Flavor Blends packet (\$4 for 30, grocery stores). It still tastes artificial, but it's calorie-free. And the packets are sturdy little things, not apt to break inside a purse or pocket.



New Diabetics,
Take Heart

TYPE 2 DIABETES (the sort that's seen more often in older or obese people) is a new lifestyle, and the unorganized are ill-prepared. "My Diabetes Organizer" (\$25, North Hill) is a step toward stability, though checking off "quitting smoking" and doing it are very different. Among its pages: Plastic sleeves hold prescriptions and business cards, "Sick-Day Rules" notes when to call the doctor, and diagrams show how much of a plate should be covered in veggies (half).

NEW
IN HEALTH
warm
ups



Phones should be cordless, but not you. Resistance cords are ideal for frequent travelers and apartment dwellers.

These Scales
Will Tip You

OBSESSING OVER WEIGHT isn't so productive, as any trainer will tell you. After all, muscle weighs more than fat. But paying attention to your fat is something you might want to think about. The newest fat monitor/scale is this shiny silver model from Omron (\$50, drugstores). Plug in your age, height and gender, step on in your bare feet and let its currents determine not just your poundage, but your fat percentage and BMI, too.



Resistance Isn't Futile

STRETCHY CORDS LACK THE MACHO ALLURE of weights, but, boy, are they versatile. The Firm Resistance Cord (available in three levels of resistance, \$13, gaiam.com) is your standard model with comfy grips. What sets it apart is the kick-butt, 30-minute DVD that comes in the package. Taught by Tina Smalley, who we're convinced may have the best body of anyone ever, it keeps your heart pumping while working your arms, abs, legs and rear. Follow her advice to learn the fast-paced moves without the cord first, or you may get tangled up or smacked in the face. Not that we did that.

PRODUCTS
GearHead



How You Roll

BUYING A BOWLING BALL is a major commitment—the occasional player can just rent one along with the ugly shoes. Fortunately, many feel love at first sight. "It's often an instant attraction," said Mike Sinek, manager of Sports Plus in Alexandria. Most novelty models—those that glow in the dark, or feature SpongeBob Squarepants—are made of polyester, which works well for beginners. Too fancy a ball will have too much spin for a newbie, said Sinek. But if you plan on improving, start off with an "entry-level reactive" orb; Sinek likes Rotogrip's Saturn (\$129) and Venus (\$119). When you're ready to try hooking and spinning, a reactive ball will handle better than a more basic variety. But the most important factor is fit. If the finger holes are too big, you'll be forced to grip with your knuckles, which can cause blisters. "If the ball fits your hand correctly, weight will not be an issue," said Sinek. "And it greatly decreases your chance of breaking a nail." FIONA ZUBLIN (EXPRESS)



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Freer Gallery of Art



Celebrating the 100th anniversary of Charles Lang Freer's gift to the people of the United States.

SCHEDULE OF EVENTS

MUSEUM OPENS

8 AM

YOGA ON THE MALL

8 AM

Bring a mat and join an attempt to break the record for the largest yoga class in America. John Schumacher, founder and director of Unity Woods Yoga and one of the nation's foremost instructors, leads the event. Demonstrations of tai chi and martial arts will follow. *Event will be canceled if it rains.*

TOURS OF THE FREER GALLERY OF ART

10:15 AM, 11:15 AM, 1:15 PM, and 2:15 PM

Meet at Freer information desk

THE PEACOCK ROOM WITH LEYLAND'S BUTLER

11:15 AM and 1:15 PM

The Peacock Room was once the dining room in the London home of wealthy shipowner Frederick R. Leyland. Join actor Jonathan Watkins as he tells the intriguing story of Leyland, artist James McNeill Whistler, and the Peacock Room through the character of Leyland's butler.

MASKS AND GAMES

1-4 PM, Freer courtyard

Play Asian board games and make masks of masterpieces.

FÈS FESTIVAL OF WORLD SACRED MUSIC

1 PM, Freer steps (rain location: Meyer Auditorium)

More than twenty musicians from South Asia, North Africa, Europe, and the United States recreate the atmosphere of one of the world's great musical gatherings. This event is presented in cooperation with the Embassy of Morocco.

INDIAN AMERICAN JAZZ:

RUDRESH MAHANTHAPPA QUARTET

4 PM, Freer steps (rain location: Meyer Auditorium)

One of New York's most innovative jazz artists performs a blend of South Asian and Western improvisation. *If it rains, free tickets will be distributed—at noon for the Fès Festival and at 3 PM for the Mahanthappa Quartet—at the Meyer Auditorium on a first-come, first-served basis; limit two per person.*

SAKE TASTING

6-8 PM, Freer courtyard

STAND-UP COMEDY

8 PM, Meyer Auditorium

Vijai Nathan, a leading Indian-American female comedian, and Frank Hong, one of the illustrious members of the DC Comedy All-Stars, bring down the house. *Free tickets required; available through Ticketmaster by calling 202.397.7328 or visiting www.ticketmaster.com.*

MUSEUM CLOSES

10 PM

10.7.06

8 AM-10 PM

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The Knee Saver

A.K.A. ELLIPTICAL TRAINER

→ **BURN RATE:** 13 calories/minute
→ **DO IT RIGHT:** Instead of holding onto handles, pump your arms as if you were running. It improves your balance.

→ **20-MINUTE FAT BURNER:** Warm up, then increase the machine's resistance level until you're striding at 80 percent of your full effort. After two minutes, lower the resistance to the level you used during your warm-up, but increase your stride rate so that you're still exercising at 80 percent of your full effort. Continue alternating between a high resistance and a fast stride every two minutes for a total of 20 minutes.

The Total Body Builder

A.K.A. ROWING MACHINE

→ **BURN RATE:** 11 calories/minute
→ **DO IT RIGHT:** On the back stroke, your knees should be almost completely straight before you squeeze your shoulder blades together and pull the handle to your sternum. Your back should stay in its naturally arched position.

→ **20-MINUTE FAT BURNER:** Set the rowing machine at a resistance of four. Then perform sets of 10, 15, and 20 power strokes — pulling the handle to your torso as fast and as hard as you can. Separate the power strokes with 60 seconds of easy rowing at about 50 percent of your full effort. Repeat the cycle until you've rowed for 20 minutes.

The Health Master

A.K.A. STAIR-CLIMBER

→ **BURN RATE:** 12 calories/minute
→ **DO IT RIGHT:** The obvious: Leaning on the handles can cut your caloric expenditure by 20 percent or more. So pump your arms as if you were walking or running briskly. Or you can just turn around.

→ **20-MINUTE FAT BURNER:** After you warm up, increase the resistance by one unit while maintaining a pace of 60 to 80 steps per minute for two



PICTUREARTS

minutes. Then increase the resistance by one unit every two minutes until you reach your 20-minute goal. You'll gradually work harder, so you'll be maxed out at the end of the session.

Cycling for 10 minutes a day can reduce fatigue and boost moods.

The Mood Lifter

A.K.A. STATIONARY BIKE

→ **BURN RATE:** 14 calories/minute
→ **DO IT RIGHT:** Many cyclists develop lower-back pain because of their semifetal posture. "Stand up every five minutes and pedal as if you were climbing a hill for 60 seconds," said Robert Morea, a trainer in New York City.

→ **20-MINUTE FAT BURNER:** Following your warm-up, start cycling at an intensity that's about 95 percent of your full effort for 90 seconds, followed by a 90-second recovery

interval at about 40 percent of your full effort. Then, using the same intensities, perform 60-second and 30-second intervals. After the final 30-second recovery period, cycle at 70 percent of your full effort for four minutes, then repeat the entire set of intervals.

The Energy Guzzler

A.K.A. TREADMILL

→ **BURN RATE:** 17 calories/minute
→ **DO IT RIGHT:** If you want to mimic road running, raise the incline of the treadmill to 1 percent before starting your run.

→ **20-MINUTE FAT BURNER:** Pick a speed that's about two minutes per mile slower than your average outdoor pace. Run at that speed for two minutes at an incline of 1 percent. Then raise the incline to 4 percent for another two minutes. Continue to raise the elevation of the treadmill by 2 percent every two minutes until you reach a 10 percent grade. Then step it back down 1 percent at a time — in two-minute intervals — until you complete your 20 minutes.

JOSEPH CULTICE (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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MAKING A SPLASH: Vida's endless pools let members swim as far as they can (in half an hour). A mirror lets them judge their strokes, and they can monitor their speed.

ALL PHOTOS BY MICHELLE REPISO/EXPRESS

make the place as cozy as possible. The digital lockers don't require locks — just type in a number of your choosing to lock one, then repeat it to retrieve your stuff. Or, leave your gear overnight and take advantage of their laundry service. Showers are filled with organic peppermint products, and a wine cooler at the front of the gym holds eucalyptus- and mint-infused towels for a soothing refresher.

Vida pumps up energy with DJ'ed tunes and a live feed from the Verizon Center.

Stressing ties with its Adams Morgan neighbors, Mint has already partnered with Fleet Feet to do sneaker fittings. In October, nearby L'Enfant Café will be offering "Mint Mondays," on which members can get two-for-one entrees.

Non-members can savor some of Mint's flavor at its juice bar, opening next month, which will boast free Wi-Fi and serve freshly squeezed fruit juices and snacks catered by Vegetate, the vegetarian hideout in Shaw.

Vida Fitness (601 F ST. NW; 866-382-8432; VIDAFITNESS.COM)

WALK UP TO THE FRONT DESK of Vida, press your finger on a biometric reader, and you'll be welcomed by name to D.C.'s newest gym. The high-tech entrance fits the cutting-edge vibe owner David von Storch and partner Chris Carnecchia are aiming for with their first location of the local chain (the second Vida will open near Logan Circle next year).

It helps that Vida has moved into a stunning three-story space once filled by a Discovery Channel Store. Although it's healthier just to walk up the stairs, you may be tempted to ride in the \$2 million elevator, shaped like a spherical spaceship (it used to shake to simulate takeoff, but they've disabled that feature). The cycling classroom resembles a wildly tiled cavern — and it's being outfitted so that everyone can wear headsets that will play music and let the instructor's voice break in

D.C.'s Jungle of Gyms

Washington works out, and so the city's fitness scene is bulking up

The power lunch may still be going strong in D.C., but it's about to be eclipsed by the power lift. All of Washington seems to be jumping on the workout wagon. And new health clubs are popping up around the city to cater to the body-conscious clientele. Here's the low-down on the latest:

Mint Fitness (1724 CALIFORNIA ST. NW; 202-238-6468; MINTFITNESS.COM)

THE ROWS OF CARDIO EQUIPMENT that greet you scream "gym," but the soothing greens and whites, the pitchers of mint-infused water and the noise level (virtually zero thanks to a cell phone ban and just the faintest hint of music) whisper "spa."

And in fact, four treatment rooms are tucked in the back, where you can indulge in services

like reiki (\$80) and stone massages (\$160), which co-owners Patrick and Melissa John say are a key part of their wellness message.

"People don't go to the gym just to do cardio or pump iron," Patrick explained, although that's easy enough with Mint's assortment of machines, weights and cycling classes. "They also want yoga, nutrition advice." So clients get two personal training sessions and a nutrition consultation as part of their membership to help identify goals and to map out a plan. For an extra fee, Mint will send one of its nutritionists to the grocery store with you to teach smart shopping.

To keep the feel of the club intimate, Mint is capping its membership at 1,100 (there are about 700 members now). "We don't want our clients feeling like they're part of a fitness factory," Patrick said.

And the Johns have strived to



The Clarendon Gold's Gym evokes an urban loft with its high ceilings and brick walls.

when necessary, replacing confusing shouts.

Pumping tunes reverberate throughout the gym at all hours, and Vida's DJ booth will soon house live entertainment, so exercisers can listen to spinning while spinning. If you're not into their selections, you can watch anything from cable or a feed from the Verizon Center on one of the many cardio machines. Although you probably wouldn't want to distract yourself while attempting one of their high-speed treadmills, which can handle up to 3:45-minute miles. (They're so fast you can hear the engines panting.)

Once you've worked up a sweat on a machine, in their 10,000-square-foot strength area or in one of the cornucopia of classes (everything ranging from water aerobics to cardio strip tease to martial arts-tinged yoga), you may want to relax.

So head to the "Zen Spa," a coed sauna and steam room — "it's more European," as Storch puts it. It also features two Japanese soaking tubs with aroma and chromotherapy (that means you can change the color of the lights diffused into the water), and two "infinity pools," which are basically aquatic treadmills. You can adjust the current and track your speed and distance.

Finish up in the locker rooms, which feature gold-hued basins with joystick-esque faucets, rainfall showerheads and lemongrass-



HINT OF MINT: Serene colors make even weightlifting a relaxing activity at Mint. Next to this weight area is a Free Motion circuit that's popular for functional workouts.

scented hair and body products from Bang, which operates the first-floor salon.

THE CHAINS:

→ **GOLD'S GYM'S** latest location: a Clarendon spot that gives off a loft vibe with its huge wraparound windows and exposed brick (1220 N. Fillmore St.),

"We got rid of aerobics classes and are focusing on making it a one-on-one personal training studio," explained manager Noe Lazzano. The facility makes up for its lack of a group exercise space with 43

pieces of cardio, a vast free-weight area and a variety of machines. This location also boasts personal TVs on much of the cardio equipment, so you're not stuck watching top 40 music videos.

→ **WASHINGTON SPORTS CLUBS** is making over its Dupont location to add 10,000 square feet of space and a juice bar. If you were worried about the lack of smoothies in D.C., fear no more. The renovations should be complete by spring 2007.

Columbia Heights residents will have to wait more than a year for

the next planned WSC. But when it opens in the 14th Street retail complex (with Target!), they can enjoy the gym, gymnastics space and pool.

→ **L.A. FITNESS** barges into Silver Spring later this fall with a 48,500-square-foot location that includes 80 pieces of cardio, a full-size basketball court and a 25-yard pool.

Bill Horner, the company's senior vice president, said its second foray into the D.C. market (it also has a club in Sterling) is a sign of a build-

ing boom to come, and he figures Washingtonians will be drawn to what it offers: "a full sports club for less than a fitness center."

→ **CRUNCH FITNESS**, known for its innovative group classes (like circus tricks and dodgeball 101), was purchased by the owner of the Thomas Circle Sports Club (1339 Greene Court NW; 202-216-900; crunch.com), which will be rebranded to join the famed chain. Expect new fancy equipment and some of those wacky classes in coming months. VICKY HALLETT (EXPRESS)

Meet Mystery Machines

Don't be scared of your gym's newfangled equipment



← It looks like a creepy cage, but the TrueStretch (at Mint) sets your limbs free. Hang from the upper bars to stretch out shoulders or push against the lower ones to limber up your legs pre- and post-workout.



→ Don't step on the Cardio Wave (at Vida) expecting to stair-climb. The new device forces you to slide your body from side to side, as if Rollerblading, and works every inch of your thighs.



← Concept2's Model E (at Vida) isn't your average machine. It sits higher off the ground, so it's easier to slide into. And it lets you race against the rower next to you! (Or imaginary rowers, if you're working out solo.)



← Thank goodness Mint has installed a computer console next to LifeFitness' Dual Adjustable Pulley so users can learn how to configure the variety of dangling handles, straps and weights for each exercise. It does absolutely everything.

| THE EXPERTS

TrainReaction

Snow Hone

Q Downhill ski season is approaching fast. What exercises should I do before I'm on the mountain that will help me ski better and prevent injury?

Training for downhill skiing requires exercises that will improve body control throughout the core.

People may forget that hips are considered a part of the core. Training your glutes and hips will keep you steady on the slopes. Squats will be your main exercise for ski prep, and you want to really hit the legs and glutes hard. Do three sets with your feet parallel, then another three sets with your feet staggered (one a little in front of the other). To make squats even more effective for skiing, slide at the bottom of your squat from one leg the other — this is called a slide squat. You'll be using just your body weight at first. Over the next four weeks, progress to lifting an additional 50 percent of your own body weight.

A couple more moves to try before you hit the slopes: On the floor, lie on your back and put your feet on a stability ball. Raise your hips to work your glutes and spinal muscles. Next, lie atop the ball on your side with your feet together. Raise your top leg to get a great workout for your hips.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of **Functional Revolution Fitness** (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

Bob, Bod Builder

Oprah's trainer brings his wisdom to XM radio

BEFORE OPRAH met trainer Bob Greene, the talk-show host's bane was her ever-ballooning body. But Greene whipped her into shape, and has since leaped into the spotlight himself, appearing on her show and writing books to share his tips with the masses. Now he's taken to the airwaves as one of the featured hosts on "Oprah & Friends," a new XM Satellite Radio station (Channel 156). Express' Vicky Hallett got the scoop on his new show and his forthcoming book, "The Best Life Diet," which will hit stores in January.

What do you plan to do with your show?

We'll be looking at motivation — that's the biggest part of exercise, sticking with it. People are going to call in with lame excuses. They'll say it's winter, so I can't do anything for six months. Even if you're at the North Pole, you get a coat, get a hat and get outside.

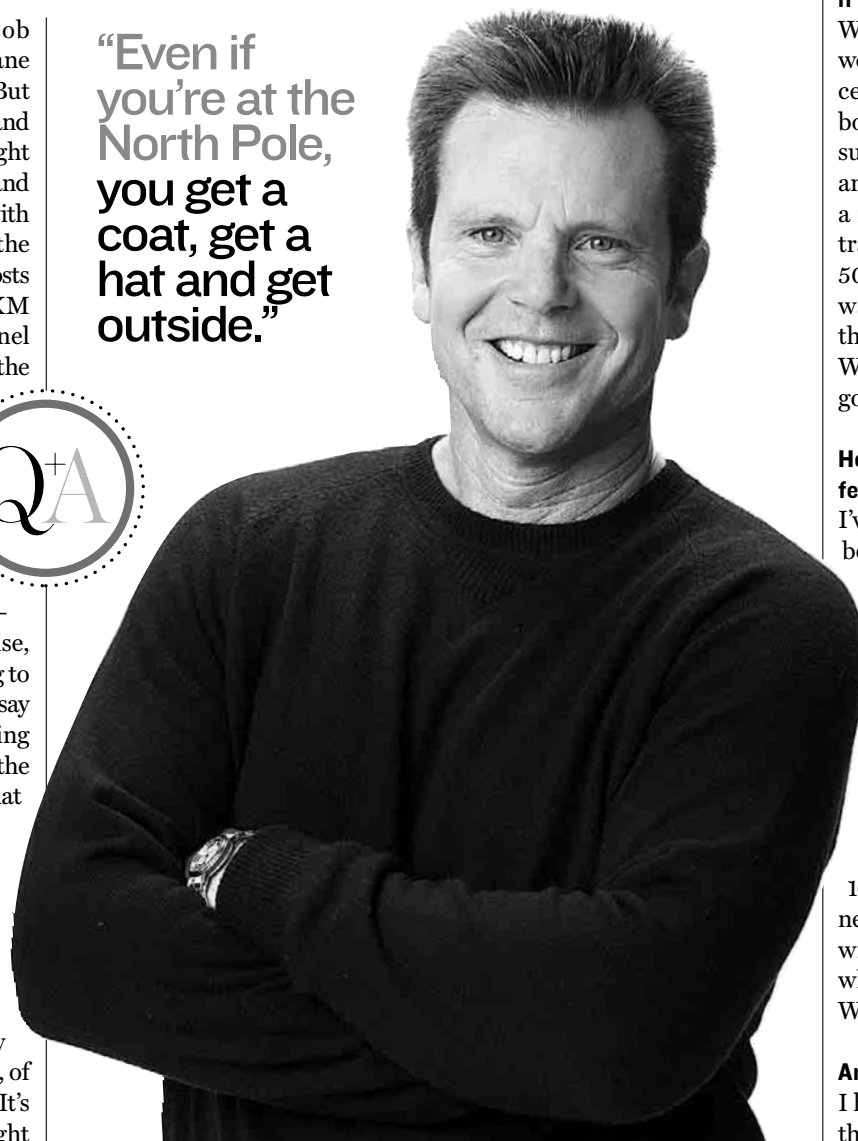
How do you exercise on a regular basis?

I find some magic when I get an hour of solid activity per day. I either do one thing for an hour or three little things. I try to go outside twice a week. And, of course, I do strength training. It's the number one way we can fight the effects of aging.

Aren't a lot of women scared of weights?

I think that's changing. Oprah would hands-down prefer lifting to running on a treadmill. Dumbbells are a wonderful, inexpensive way to get started. You can get two or

"Even if you're at the North Pole, you get a coat, get a hat and get outside."



three sets and store them under the bed.

How does Oprah maintain her body?

She had made a switch out of the gym whenever possible. She's really intent on being outside. But she's

in such great shape I need to put her in a weight vest to get her heart rate up.

Once you're in shape, how do you stay motivated?

I love what exercise does for me and have made it my meditation.

The ones who do well might not love the treadmill, but they think of that time as a gift they're giving themselves. It's a time to tune out problems.

What's an effective, quick workout if you're short on time?

Walking uphill on a treadmill is wonderful. You can go up to 15 percent incline and it's softer on the body than walking fast on the flat surface. You get the same benefit and it's better for the joints. There's a new machine called the incline trainer. It can go really high, up to 50 percent, so you can do a slow walk but be breathing hard and there's no need to do the pounding. With baby boomers aging, I bet it's going to replace the treadmill.

How is this upcoming book so different from your earlier stuff?

I've been against traditional diets because you can't prescribe a calorie intake without knowing how active a person is. So this diet does that, to tailor it more to their activity level. Plus, there's the emotional side and how you can stay with it. There's a Web site we've created for support where I can address questions and people can form support groups, people who need to lose 100 or more pounds or people who need to lose 10 pounds. And there will be homework assignments, so when you input information, the Web site communicates with you.

Any foods you're obsessed with?

I have my superfoods and some of them have been ignored. Tomatoes, when they're lightly cooked, release more lycopene than if you slice a raw tomato. Mushrooms are a great fiber source. They're high in selenium, but not high in calories. Olive oil is my number one fat. When I look at people's diets, I see two lacking components: fiber and calcium.

VITALSTATS

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AMOUNT OF MONEY, IN BILLIONS, THAT AMERICANS SPENT ON SPORTS-RELATED FOOD AND DRINK IN 2005. DATAMONITOR REPORTED.

running for congress

■ Rep. Jo Ann Emerson

SINCE THE MISSOURI REPUBLICAN was a talented athlete growing up and her dad was a professional baseball player, she decided to give the congressional baseball game a go during her first year in office. "But Mel Watt pitched junk," she explained, and that was the end of that. But the former Girl Scout has found other ways to keep in shape. v.h.



"After dinner, I walk with my husband, but I'm faster. So I'll do my four or five blocks and wait. He's usually yakking on the phone. We'll do a couple of miles at least."

"I love lifting weights. I feel like I've accomplished something. I cook for therapy, too. It's hard to get things done in a timely manner here. It can take three years."

"I have this notion that I want to take up boxing. I want a punching bag. I could hang it in my laundry room."

"I'm eating a little bag of M&Ms right now. That's my sweets for the week. It's all I need. I saw a picture of myself in 2002 and I decided to go low-carb. I lost 23 pounds and I've kept it off."

Diet-Wrecker Disguises

Don't let these seemingly innocuous foods throw you

You've been eating smart all summer long — but some of those low-fat meals and snacks may not be as slimming as you think. Check out this gallery of diet food impostors, and be sure you're really making healthy choices.

"Real Fruit" Beverages

A FRUITOPIA DRINK is a great way to get a serving of fruit, right? Wrong. These drinks are only 5 percent fruit juice, and because they're full of sugar, a 20-ounce bottle packs 300 or more calories.

Poultry Hot Dogs

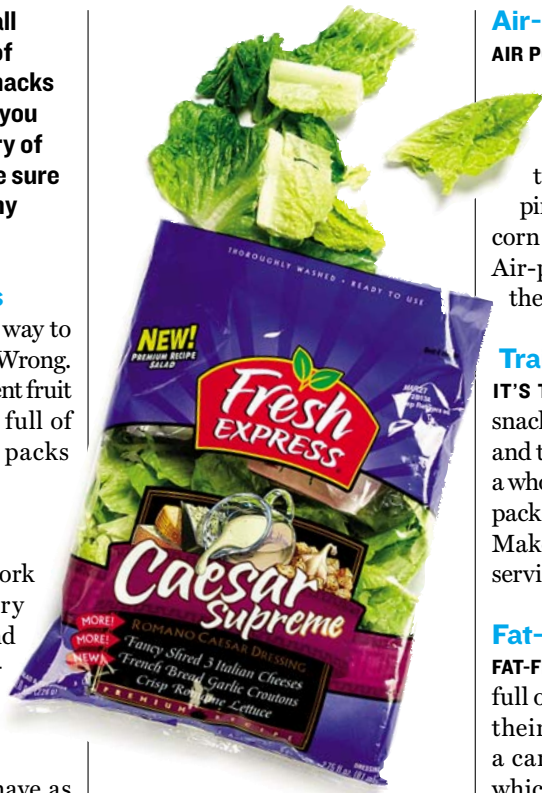
UNFORTUNATELY, just like pork and beef hot dogs, poultry dogs often include skin and fat. Opt for low-fat or fat-free franks instead.

Sugar-Free Cookies

MOST SUGAR-FREE BRANDS have as many calories as the regular kind. And too much of the sugar alcohols used to sweeten these products can cause loose stools, diarrhea and cramping. Best to indulge in the full-sugar brands in moderation.

Complete Salad Kits

SALAD-IN-A-BAG has been a lifesaver in many a busy mom's kitchen, but they can pack a caloric wallop: 510 calories and 45 grams of fat in one package of Dole Caesar Salad Kit. Buy the light variety instead, or add



This bag does not have any spinach in it. But all the fat's not very good for you.

your own low-fat or fat-free dressing at home.

Veggie Pizza

THE VEGGIES are healthy, all right. But the gobs and gobs of cheese they're sitting on aren't. Look for low-fat versions, and be sure to check the saturated-fat content so you can compensate elsewhere in your daily intake.

Air-Popped Popcorn

AIR POPPING adds no fat, so this is perfect for a night in front of the TV, right? Sure, if you pop it yourself. But manufacturers add the fat after the popping is done; that's why the popcorn is butter- or cheese-flavored. Air-pop your own instead, or buy the light microwave variety.

Trail Mix

IT'S THE PERFECT midafternoon snack, full of fruits and nuts, fiber, and trace minerals. Why not down a whole bag? Because each 6-ounce pack contains at least 800 calories. Make sure you're only eating one serving (about three tablespoons).

Fat-Free Ice Cream Topping

FAT-FREE ICE CREAM TOPPINGS are still full of calories, usually as many as their full-fat counterparts. Use a carefully measured portion of whichever topping you prefer, or look for the light varieties, which really do have fewer calories.

Reduced-Fat Peanut Butter

THE FAT that's removed is replaced by carbohydrate filler, so there's no reduction in calories. And the fat in peanut butter is the healthy monounsaturated kind. So scoop out your two tablespoons (about the size of a golf ball), and stick with the full-fat varieties. EMILY TANNERT (REPRINTED WITH PERMISSION OF PREVENTION MAGAZINE. © RODALE INC.)

A Tasty Tart You'll Savor

■ TOMATO TART, SERVES 6

INGREDIENTS: Olive oil cooking spray; dough for 1 pie crust; 2 tablespoons olive tapenade; 2 large red tomatoes, thinly sliced; 2 large green tomatoes, thinly sliced; salt and freshly ground black pepper, to taste; 1 tablespoon fresh thyme; 1 tablespoon fresh rosemary, plus more to garnish.

MAKING IT: Preheat oven to 375 degrees. Lightly spray a 9-inch tart pan with removable bottom with olive oil cooking spray. Place the dough between two sheets of parchment



or wax paper and roll out to a 10-inch circle. Gently set the dough over the tart pan, then press it into the edges and up the sides, pinching off and discarding any extra. Lightly spray the tart shell with olive oil. Bake for 10 minutes. Let cool 10 minutes.

Increase oven to 425 degrees. Spread the tapenade evenly over the bottom of the tart shell. Using a circular pattern, place a single layer of tomato slices, edges overlapping, over the tapenade. Alternate green and red slices. Season with salt, pepper and half each of the thyme and rosemary. Repeat with another layer of tomatoes and remaining seasonings.

Bake for 20 minutes. Let rest 10 minutes before serving. (AP)

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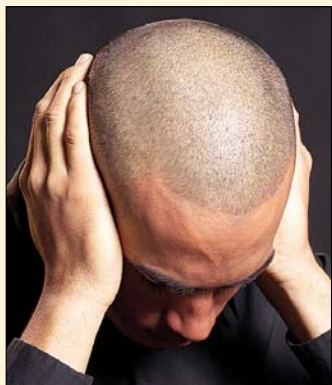
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| STUDIES

Stethoscope

Pale Is Still Safer

■ Tanning causes cancer, right? Well, for now. Researchers at Boston's Dana-Farber Cancer Institute were able to up levels of melanin (pigment) in fair-skinned mice using a compound called forskalin, essentially creating a tan without any of the cancer-causing side effects. That's right — if the same treatment works on human beings, Paris Hilton could be both tan and cancer-free! The jury's still out on whether "human beings" includes Hilton, though.

**Relief, Sans Drugs**

■ A Canadian study of tension headache sufferers showed that those who received osteopathic treatments had far fewer headaches than those who didn't, Reuters reported. However, the treatments didn't reduce the severity of the headaches, only the frequency. Osteopathic treatments involve manipulations of the body (sometimes similar to chiropractic practices) to increase blood flow and allow the human body to heal itself without drugs or surgery.

In Other Words, Eat!

■ Eating disorders have found even more ways to ruin lives: According to a study in the American Journal of Sports Medicine, young female athletes who burn more calories than they consume have a higher risk of stress fractures in the legs. Bone development needs estrogen, which depends on hormone production—and that tends to decrease in the face of too much exercise and not enough food.

The Cigarette Seduction

Women concerned with weight go back to smoking post-baby

Many women immediately quit smoking when they find out they are pregnant, knowing the habit is unhealthy for their unborn children. But sometimes that concern takes them only so far.

A new study has found that women who were unmotivated to remain smoke-free after the birth of a child were more concerned about their weight than those who intended to kick the habit for good.

"Thinking about weight is important in understanding women's smoking after pregnancy," said Michele Levine, a professor of psychiatry and psychology at the University of Pittsburgh Medical Center and lead author of the study. "Women are complex creatures. More than just whether they are going to breast-feed the baby, or are addicted to nicotine, or are addicted to alcohol, health care providers need to think about psychological issues like weight worries."

Levine said a normal woman would have to gain 80 to 100 pounds to equal the risk of smoking postpartum.

For the study, which will appear in the October issue of the *Annals of Behavioral Medicine*, Levine and colleagues interviewed 119 women who had smoked at least eight cigarettes a day but who quit when they found out they were pregnant. During the women's third trimester, researchers asked whether they planned to resume smoking after the birth.

They found that 65 percent of



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the women were highly motivated not to smoke again, with 74 percent of that group confident they would be able to stick to their plan.

The 35 percent who were less motivated to stay smoke-free after giving birth were more concerned about managing weight than those who were determined to give up cigarettes for good.

"The big question is what they actually do," Levine said. "But at the third-trimester point, weight concerns were more related to motivation to quit smoking than any other factor."

Researchers found that the more confident a woman was about her ability to maintain her weight with-

"After they have the baby, there is no external support."

out smoking, the more likely it was that she planned to quit for good. Researchers also found that women who intended to breast-feed were more likely to plan to abstain from smoking.

Dr. Sharon Phelan, an obstetrics-gynecology professor at the University of New Mexico and a

member of the American College of Obstetrics and Gynecology, said a percentage of women who smoke do so to control their weight. When they get pregnant, she said, they get the support they need to quit because many people are aware that smoking carries health risks for a fetus. (The practice can decrease the amount of oxygen that gets to the baby, which interferes with fetal growth and can lead to pre-term delivery.)

"The irony is, after they have the baby, there is not that external support," Phelan said. "Friends don't understand why they won't join in for a cigarette, and the father of the baby, who was supportive during the pregnancy, no longer is. That makes it hard for a woman to stay smoke-free."

Dr. Jeanne Ballard, who consults for a quit-smoking hotline that counsels many pregnant women, said women need to be reminded there are other ways to lose weight: Breast-feeding, for example, uses 500 to 600 calories a day.

Post-birth, exposure to second-hand smoke can increase a child's susceptibility to chest colds and ear infections, experts say. It can also increase their risk of asthma and crib death. HILARY E. MACGREGOR (LOS ANGELES TIMES)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Is your hair uncombable? You may have **UNCOMBABLE HAIR SYNDROME** or, as it was originally described in French, "le syndrome des cheveux incoiffables." When brushed or combed, the hair of folks with UHS goes right back to its disheveled appearance — great when the tousled look is in style, not great when everyone wants straight and shiny. The condition is also known as "spun-glass hair," because of affected tresses' dry, glossy, silvery-blond appearance, and generally manifests in babies and children, becoming more manageable with age. UHS is caused by genetic (though occasionally sporadic) abnormalities in the hair shaft.

SOURCE: PUBMED, MERCK MANUAL. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

| THE EXPERTS

SkinDeep



Lighten Up

Q Is there a safe cream that will minimize sun spots and freckles?

Retinoids are, pardon the pun, the cream of the crop. They're synthetic derivatives of Vitamin A, which helps lighten the skin; Retin-A and Renova, both available by prescription, are examples. "They're great for reducing wrinkles and brown spots over time if you use them regularly," said Chevy Chase dermatologist Margaret O'Neill. She recommended Neutrogena Healthy Skin as an over-the-counter solution, but cautioned, "There are no studies on it yet, so it's hard to know what you're getting" in terms of improvement. If you're sporting particularly stubborn spots, "a chemical peel will help."

Of course, such spots are caused by — what else? — the mean old sun. "If you look at your rear end, you wouldn't see freckles," said O'Neill. (Unless you frequent nude beaches, that is.) So slather on the sunscreen every day to prevent future spots.

O'Neill is excited about Anthelios, a French sunscreen that's just been approved in the United States. "It's a broad-spectrum, waterproof product that does a better job of blocking ultraviolet rays. Use it every day if you're anywhere but inside your house," she said. It may be tough to find in stores because it's so new, but skincarelab.stores.yahoo.net sells several formulations (\$20 to \$60).

LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

When White Can Bite

Tooth-brightening products can cause unpleasant side effects

Mona Schlater-Hewlett, 45, was in the middle of an aerobics class at the gym when she felt a piercing pain and dropped to the floor. But it wasn't a strain in her muscles that brought her down — it was her teeth. "It came out of nowhere," she recalled.

The source of her misery: a tray full of tooth bleach that she'd worn to bed the previous night.

Schlater-Hewlett was using 10 percent carbamide peroxide gel in a custom-fitted bleaching tray — the only home treatment to earn the American Dental Association's seal of acceptance. She tried taking a month off before returning to her schedule of bleaching.

But her "zingers" — the term dentists use for these sharp pains in the teeth, which can last for several minutes — persisted, and she had to give it up. "I'd never try bleaching again," she said.

Whitening has become a big business. Americans spent nearly \$2 billion on it in 2004, and nearly \$280 million of that was on home kits. In dentists' offices, bleaching is the most requested procedure among patients ages 40 to 60.

But with popularity comes problems. In a 2002 University of Southern California School of Dentistry survey of 100 people, half experienced mild to moderate sensitivity after using over-the-counter whitening gel (15 percent carbamide peroxide), while one in 25 had the kind of pain Schlater-Hewlett suffered.

Another danger is overwhitening. Studies have shown that it's safe to undergo a course of bleaching once or twice a year. But dentists are less confident about using the chemicals as a regular part of one's grooming routine.

Dentists report seeing side effects that include gum irritation, bluish enamel, uneven whiteness, and — if the chemical seeps into a cracked tooth or unfilled cavity — painful internal damage. Except for the latter, side effects usually clear up within a couple of weeks.

The good news: As long as you



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keep your expectations realistic and understand that these strong chemicals need to be handled with care, the procedure seems safe. The best approach is to heed the advice of a dentist or the product label — and keep some perspective. "You can go only so white with bleaching," said Smigel.

Here's a look at the options, the risks, and the likely results.

Over-the-Counter Scrubs

The more closely you adhere to the instructions on the label, the better your odds of avoiding side effects. Have your dentist check your mouth first, even if all you crave is a little over-the-counter brightening. The ADA hasn't granted its seal

of acceptance to any OTC bleaching method, in part because if the mouth isn't healthy when bleach is introduced, serious problems can result.

A study from the School of Dentistry at the University of North Carolina suggested that over-the-counter whitening strips, dentist-prescribed bleaching trays and in-office bleaching sessions can ultimately produce the same pearly shade.

Dentist-Designed Brightening

In minutes, a dentist can mold a bleaching tray to a person's mouth and prescribe a bleaching gel to go with it. And when your dentist is involved, you minimize the risks — and you're more apt to get quick

treatment if trouble develops.

The 10 percent carbamide peroxide solution with a custom-fit tray is the only take-home treatment the ADA feels comfortable recommending. Here's why: A lot of research has shown that customized mouth guards help ensure that the bleach stays in contact with the teeth for maximum whitening, while minimizing the amount of potentially irritating bleach that

Studies show that it's safe to bleach once or twice a year.

can dribble onto the gums and soft tissues of the mouth. The typical improvement is about four or five shades.

Power Washes

The "power bleaching" treatments offered in dental offices and whitening chains like BriteSmile deliver results in the shortest amount of time — a little more than an hour. Special lights speed the action of a highly concentrated bleaching gel that's been applied to the teeth.

Dentists say there's no sure way to avoid the sensitivity some patients experience, which can last a few days; some patients have reported discomfort up to three months later.

Light treatments get big results, brightening teeth by up to eight shades in one to five sessions. But a 2004 study from Tufts University School of Dental Medicine showed that a week after treatment, subjects saw an average "shade rebound" of two shades.

Dentists say this is partly because teeth become especially vulnerable to stains after a bleaching. Teeth are covered by a protective layer called a pellicle, which power-bleaching removes temporarily. LAUREL NAVERSEN GERAGHTY (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE. © RODALE INC.)



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2006 CFCNCA Reaches for the Stars

QUEST FOR \$58 MILLION HAS BEGUN

Astronomers say there are over 100 billion stars in the galaxy. The Combined Federal Campaign of the National Capital Area (CFCNCA) is looking for just 350,000 of them.

With a theme of "Be a Star in Someone's Life! Support the CFC," the 2006 CFCNCA campaign is reaching out to the nearly 350,000 Federal employees in the Washington Metropolitan Area, and setting a goal of raising a record \$58 million dollars for local, national, and international charities in the annual fundraising event.

"CFCNCA is asking everyone to be a star in the lives of people who really need help," said Renée Acosta, president and CEO of Global Impact, administrator for the 2006 campaign. "More than 3,000 charities are working to make health and welfare services readily available in communities everywhere from Rockville

to Rochester to Rwanda," she added.

The CFCNCA remains the largest and most successful employee workplace giving campaign in the world, with more than 47 percent of Federal employees in the Washington, DC area donating last year. In the 2005 campaign, CFCNCA had its third straight year of unprecedented growth for a campaign of this magnitude and increasing total dollars.

In addition to its goal of \$58 million, CFCNCA has set the following benchmarks for the 2006 campaign:

- Reach all 353,000 potential Federal employee donors with an informed opportunity to give;
- Increase the participation rate from 47 to 49 percent;
- Increase the average gift by five percent, from \$346 to \$363; and
- Increase the overall number of donors by an additional 5,000 to 8,000 employees. To assist the campaign, more than 35

Loaned Executives from many government agencies have been deployed to help with training volunteers, assisting Campaign Managers, and speaking at campaign events. Visit www.cfcnca.org for a complete list of this year's Loaned Executives and their assignments.

Be a Star in Someone's Life!

The theme for the 2006 CFCNCA campaign is "Be a Star in Someone's Life! Support CFC." The focus was inspired by the idea of exactly what life would be like if the CFC did not exist; for example, were there no CFC you might see teens locked out of an after-school program or workers trying to build a shelter without materials. CFCNCA-supported organizations provide solutions to these problems. By donating through the CFCNCA, you will be a star in many lives.

CFCNCA will roll out the "Be a Star in Someone's Life!" theme and

creative approach, including posters and a CFC star logo, over the course of the fall 2006 campaign.

"Federal employees across the Washington Metropolitan Area have made incalculable contributions to their own lives

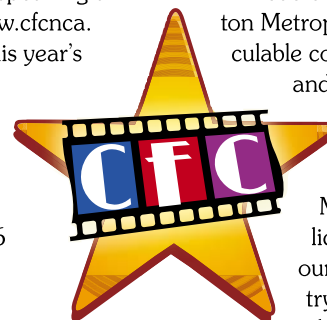
and to those of the most vulnerable

people among us," says Local Federal Coordinating Committee Chair Vince

Micone. "Thanks to tireless public servants like you, charities in our own backyard, across the country, and around the world will be able to improve the lives of people most in need. Your overwhelming

generosity and support for those you help but may never meet truly make you shine."

Please give generously. Locate participating organizations in the *2006 Catalog of Caring* or search the CFCNCA website (www.cfcnca.org) to find charities that are important to you and pledge a donation. You are important to them. Every day you are a star when you help others help themselves. ★



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Leadership Conference Attracts a Crowd

CONFERENCE TRAINS OVER 500 LEADERS

On September 7, 2006, more than 500 Campaign Managers and other campaign volunteers from throughout the Federal government participated in the CFCNCA Leadership Conference. After inspiring speeches by Senator Charles Grassley of Iowa and U.S. Olympic gold medal speed skater Joey Cheek, participants learned all aspects of campaign planning in order to reach this year's \$58 million campaign goal.

"I have long been a believer in the importance of a vital charitable community in strengthening our society and our nation," explained Senator Grassley, who oversees tax and charitable giving policies as chairman of the Senate Finance Committee.

"It is because of charities and the fact they're so important that I press for greater responsibility from the leaders of charities. That is the purpose of oversight as well as

reforms in the charitable area. It is to safeguard the public trust that charities are actually used for charitable purposes and are being operated in the public interest," he added.

Speed skater Joey Cheek inspired the audience with his life story and spoke of how, during his travels, his eyes were opened to plight of people in need throughout the world. Cheek subsequently donated his \$25,000 gold medal award from the U.S. Olympic Committee to charity, and now supports an organization called Right to Play, an athlete-driven international humanitarian organization that uses sport and play as a tool for the development of children and youth in the most disadvantaged areas of the world.

"When you have a perfect day as a doctor, maybe you save someone's life. When you have a perfect day as a politician, maybe you get an amazing law passed or an amazing act enacted. When you're a teacher, perhaps you reach that one student," said Cheek. "When you're an Olympic speed skater,

when you compete in this competition once every four years and you have a perfect day...you get one of these. This is my Olympic gold medal.

"I'm proud of it, obviously, because this represents so many years of hard work. So many years of my parents' love. People who never knew me supporting me. But more importantly, now it represents a key. Because of this I'm able to speak to important people in this world. I'm able to speak to media and I'm able to speak to people like yourselves, who are going to take part of what you earn to help someone else. And I get to one, say thank you; and two, I get to say there are bigger things out there. You don't have to be a big person to take part in it. You don't have to be an Olympic champion. Just by standing up and



Iowa Sen. Charles Grassley speaks to over 500 Campaign Managers during the 2006 Leadership Conference.

taking an action you've made a difference."

The conference provided an opportunity for Vice Chairs, Campaign Managers, Coordinators, and Keyworkers to learn the basics of CFC fundraising, how funds are processed to insure the highest levels of accountability, new technology tools developed to make giving and managing the campaign easier, and the 2006 marketing plan.

Experienced Campaign Managers

attended the conference in order to share ideas on successful campaigns and give pointers to the large number of first time Campaign Managers.

In addition, LFCC Chair Vince Micone addressed the assembled audience about the campaign plan and strategies for success in 2006. ★

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CFCNCA Premieres Campaign Video

BE A STAR IN SOMEONE'S LIFE! OPENS TO RAVE REVIEWS

The red carpet was rolled out and hundreds of Combined Federal Campaign of the National Capital Area (CFCNCA) star volunteers came out on September 7, at the campaign's annual Leadership Conference, for the premiere of CFCNCA's first locally produced campaign film in more than four years.

The film highlights the many ways that Federal employees in Maryland, Virginia, and the District of Columbia can themselves become Stars by contributing to the 2006 CFCNCA, the only workplace giving campaign for government employees in the region. Through the campaign, Federal workers have an opportunity to care for the sick and elderly, feed the hungry, shelter the homeless, and improve the overall quality of life for millions of people in the Washington Metropolitan Area, across the country, and around the world.



ON THE SET OF THE CAMPAIGN FILM. For 2006, CFCNCA produced its own campaign video, shot entirely in the DC Metro Area.

Playing off of the theme of the classic film *It's a Wonderful Life*, the video depicts a day in the life of Sondra, a young Federal campaign volunteer, who magically learns what a world without the CFC would look like. Tasked with adding the responsibilities of leading the campaign for her Federal agency to an already busy schedule, Sondra wishes out loud that the entire CFC would just go away. As she boards a Metro bus for her daily commute to work, the driver looks at her and smiles, saying "Your wish. It's done."

At each stop, Sondra witnesses how vastly different her community—and her world—would be if the CFC no longer existed: a group of teenagers is turned away from a closed community center; an out-of-town father has nowhere to shower or rest while his ailing daughter stays in the hospital; and a group of international relief workers reflect on the loss of a now-closed medical supplies distribution center. Seeing such a scenario unfold helps Sondra understand the importance

Continued on page 6

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- Provides annual student scholarships and teacher recognition through the **Voice of Democracy** audio-essay scholarship and **Patriot's Pen** written-essay competitions.
- Promotes patriotic events and activities involving **flag education**, teaching the **Pledge of Allegiance** to school children and awareness of **Memorial Day** and **Veterans Day**.
- Provides significant funding to VFW's **National Veterans Service (NVS)** for the training of service officers from across the country. NVS assists thousands of veterans in obtaining access to medical care and compensation for disabilities suffered while in military service.



www.vfwfoundation.org

**Combined Federal Campaign
No. 2154**



Campaign Video ... Continued from page 5

of the campaign and all the good it does for those in the National Capital Area and beyond.

By incorporating familiar regional icons like the Metro bus and the hometown Washington Wizards basketball team, CFCNCA has created a film that provides the viewer with a local framework and enables them to identify strongly with the film's characters and mission.

Local actors were cast to play the two lead roles, and supporting parts were given to area Federal employees and various charity staff who graciously volunteered their time to ensure the film's success. The United States Postal Service and members of the armed forces were just some of the Federal agency representatives who took part in the production.

"It's tricky to take a concept based on such a well-known premise—*It's a Wonderful Life*—and update it so that it resonates with an audience without going over the top or losing sight of the ultimate purpose of the film," says Robert Ryan, the scriptwriter for this year's film. "We needed

The film highlights the many ways that Federal employees can themselves become Stars.

to make sure that people not only enjoy the film, but that they also walk away from it with a better understanding of how the CFC works in their own community. If we've satisfied those two goals then we've done our job. And judging by the response to this film, everyone on our team, and everyone at the CFC has done their jobs quite well."

The film will be shown at kickoff rallies and volunteer training sessions around the area as the campaign gets underway, and because *Be a Star in Someone's Life!* is also available online, you can view it while sitting



Popular local actor Bob Keiper portrays a bus driver who shows viewers what the DC Metro Area would look like without the CFC.

right in front of your computer. To see the film and to learn more about CFCNCA and how your payroll deduction pledge will help those truly in need, visit www.cfcnca.org. Join with your fellow Federal

employees is reaching the CFCNCA goal of raising \$58 million for the more than 3,000 local, national, and international charities participating in this year's campaign. Be a Star in Someone's Life! Support CFC. ★



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CFC# 8056

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Turning a New Page in 2006

OPM, CFCNCA PILOT ABBREVIATED CATALOG

As part of its ongoing efforts to ensure operational efficiency in its annual campaign, this year the Combined Federal Campaign of the National Capital Area (CFCNCA) is taking part in an Office of Personnel Management (OPM)-sponsored pilot program offering an abbreviated version of the 2006 *Catalog of Caring* to select Federal agency employees.

CFCNCA prints approximately 400,000 catalogs annually for distribution to each Federal worker in the Washington, DC area. The catalog contains a listing for each of the more than 3,000 organizations participating in the campaign; each listing includes the charity's four-digit code number, contact information, and overhead percentage, plus a 25-word description of the organization's activities and services. The abbreviated version of the 2006 catalog will omit the 25-word description from each listing.

Despite the lack of 25-word descriptions, the abbreviated catalog still contains all the information employees need to fill out their Pledge Cards for the charities they would like to support. As has been the case since the 2004 campaign, CFCNCA also has a searchable, complete version of the catalog available online at www.cfcnca.org/search, and donors have made extensive use of the "Search and Pledge" function to review charities in the past.

As part of the pilot program, employees at three agencies—the Environmental Protection Agency, Federal Reserve, and National Institute of Standards and Technology—will receive an abbreviated version of the catalog without the 25-word descriptions of each charity. Any employee who desires a printed catalog of the full listings, however, may request one through a Keyworker in their office.

The number of pages in the abbreviated catalog will be approximately one-third

The catalog contains more than 3,000 listings and includes the charity's four-digit code number, contact information, and overhead percentage.

fewer than in CFCNCA's standard catalog. Fewer pages translates into lower overhead costs, which in turn means more money will go to the many worthwhile causes supported by charities participating in the CFC. As an added bonus, fewer pages printed will preserve natural resources and reduce the environmental impact

of distributing the annual *Catalog of Caring*—a feature that is in step with the mission of EPA, and aligns with the culture of the other participants in the program.

Jim Hill, acting deputy director at National Institute of Standards and Technology and the agency's 2006 CFC Campaign Manager, is excited about the project. "When the CFC contacted us about the possibility of testing the abbreviated catalog, we were very pleased to be a part of the pilot. We think it's the right thing to do for two main reasons: it will save paper and trees, and our employees, as scientists, are used to finding information on the computer—so this is a natural fit. If they want more information about any charity, they can go to the Web."

CFCNCA urges employees at the three agencies participating in the pilot program to pay particular attention to the revised format and to evaluate its usefulness. Employees have the opportunity to express their opinions by filling out the survey included in the catalog's introductory pages. Surveys can also be filled out online at www.cfcnca.org. ★

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For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there's hope. Visit www.aafa.org today to get free information about research, prevention and treatment — and designate AAFA #1734 in your CFC pledge this fall.



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CFC#2775

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CFC 2155



Cerebral Palsy Does Not Hold a Girl Back

Antoinette ("Toni") Soto could not learn to walk. She had been born premature with cerebral palsy (CP), a condition caused by an abnormality in a child's developing brain. Cerebral palsy is characterized by an inability to fully control muscles, movement, and posture. It is not known what causes CP, and there is no cure. Children with CP often are treated by a multidisciplinary team of health care professionals that may include an orthopedist, a physical therapist, a speech and language pathologist, and other specialists.

Fortunately, Toni's father is John Soto, a civilian director with the Commander, Navy Installations (CNI) Command of the U.S. Navy, so she had health insurance to cover her many visits with pediatricians, orthopedic surgeons, and therapists.

Unfortunately, those specialists were unable to fix all the problems that Toni was experiencing. A foot surgery called heel cord lengthening enabled Toni to walk with a



ANTOINETTE ("TONI") SOTO

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FOR FUTURE GENERATIONS.**

**WORKING WITH PEOPLE
LIKE YOU TO SAVE THE BAY
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Photographed by Jonathan Skow



Mary Tyler Moore
International Chairman

Millions of children are living with type 1 diabetes. They'll never outgrow it. They'll need to check their blood sugar and take insulin shots every day. Their families will worry about the threat of complications like kidney failure, blindness and heart disease. That's why the science JDRF is funding is so critical. Already we've achieved life-changing advances through research. But imagine a cure. And help us move from research to reality. Call 800-533-CURE or visit www.jdrfcapitol.org.

JDRF Juvenile
Diabetes
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Foundation
International

dedicated to finding a cure

CFC #8131



walker, but she still had difficulty keeping up with her peers.

One day when Toni was about eight years old, she was evaluated by a pediatric orthopedic surgeon who had just moved to her town.

"I know what your daughter needs," he told Toni's parents. "But I can't do it myself."

The surgeon provided a referral letter so Toni could be admitted at a specialty hospital dedicated to providing free orthopedic care and rehabilitation to children in need. John worried that Toni would not qualify, since he and his wife had good jobs, but the hospital provides help based on a child's medical need—not financial.

The hospital is part of a network managed by a charity that treats children with neuromusculoskeletal conditions, burn injuries, and other special health care needs at no cost to the patient or family. The hospitals can do this work for free in part because of donations the charity receives through the Combined Federal Campaign (CFC).

John was a double-eagle CFC donor throughout his Federal career so that worthy CFC-funded charities could continue to help other people. "I never thought that I would be a beneficiary of a CFC organization. Without them, my daughter would not have had all the successes she has had."

And Toni is successful. She has earned several leadership awards from her schools, the chamber

Toni now walks without assistance, drives a car, and is an energetic 19-year-old sophomore in college. Her career goal is to help other children the way the expert doctors were able to help her.

of commerce, and organizations in her community—particularly for her volunteer work with a peer-counseling group that promotes non-violence and education about AIDS prevention. Toni now walks without assistance, drives a car, and is an energetic 19-year-old sophomore at Mississippi Gulf Coast Community College. And she has a fitting career goal in mind: to become a pediatrician and help other children the way the expert doctors at the pediatric hospital were able to help her. ★

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Who Runs Our CFC?

A MESSAGE FROM LFCC CHAIR VINCE MICONE

Vince Micone serves as the Chairperson of the Local Federal Coordinating Committee (LFCC) of the Combined Federal Campaign of the National Capital Area (CFCNCA). The LFCC oversees all CFC operations, and is comprised solely of Federal employees, just like you and Vince. The LFCC is charged with several key leadership roles, including: determining the eligibility of charities listed in the 2006 Catalog of Caring, overseeing the CFCNCA to ensure Federal regulations are adhered to, and, to the extent possible, making sure that every Federal employee is given an informed opportunity to give through the CFC. Following is a personal message to you from Vince:

Dear Friends and Colleagues:

Your community and the charities you support stand in awe of your generosity. The Combined Federal Campaign of the National Capital Area (CFCNCA) remains



LFCC Chairman Vince Micone speaks at Loaned Executive Training in August 2006.

the largest and most successful employee workplace giving campaign in the world, with more than 47 percent of Federal employees in the Washington Metropolitan Area contributing through the CFC.

Last year, the campaign experienced a third year of unprecedented growth, once again increasing the total amount raised. CFCNCA is the keystone of philanthropy for more than 3,000 charities. Your contributions have helped people who live around the corner, across the Nation, and throughout the world. Thanks to you, CFCNCA is stronger than ever and that is very good news for those that find themselves in need.

This year's campaign theme is "Be a Star in Someone's Life! Support CFC." By making a contribution, by serving as a volunteer, or by giving from your heart to help those in need, you bring light into someone's life. Through your selfless actions and overwhelming generosity, you stand behind those organizations working to improve the lives of others.

To newer employees and our colleagues who have not yet given, we ask you to be a star in someone's life. Contribute to the charity of your choice and experience the satisfaction that comes from giving to others.

Donating through the CFCNCA through payroll deduction is a voluntary commitment that will make a difference for people and organizations that truly need assistance.

Please give generously. Look for organizations in the 2006 Catalog of Caring or search and pledge on the CFCNCA website (www.cfcnca.org) to find charities that are meaningful to you. You are important to them. Every day you are a star when you help others help themselves.

See you on the red carpet!

With appreciation,

Vince Micone
Chairperson
Local Federal Coordinating Committee
Combined Federal Campaign of
the National Capital Area



The **American Cancer Society** serves our community 24 hours a day, seven days a week. Your Combined Federal Campaign contributions will enable us to support

important American Cancer Society programs and services in our community.

CFC # 8003

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DOT Employee's Powerful Theme Song

Tracie Walker, a Department of Transportation (DOT) employee, was asked last year to write and sing a song for the Combined Federal Campaign (CFC). Her powerful poetry and inspiring performance combined to create an electrifying theme song for the campaign.

At the DOT's CFC kickoff on October 6, 2005, Tracie sang her song before an audience that included CFCNCA Honorary Chairman and Secretary of Transportation Norman Y. Mineta, Chairperson of the Local Federal Coordinating Committee Vince Micone, and WJLA-TV's Kathleen Matthews.

Tracie knows the difference that a charity can make in a person's life. She was turned out of her house as a teenager and did not know how to go about asking for help, so she

slept on beaches and survived with a little wit and determination. Now she works with a program that gives guidance to teenagers and parents of teenagers. Tracie shares her story in the hopes of preventing young people from giving in to negative influences. "I've seen ups and I've seen downs. The downs are so much worse if you can't see a way up and don't know that there is help. You're not alone."



TRACIE WALKER

"When I read about the CFC, it touched my heart, and I was honored to be able to contribute in this way. I was in that position at a time in my life, so I could identify. Had I known then what I know now," Tracie says, "I would have known there was help out there. This [song] is my way of giving back." ★

If you would like Tracie Walker to perform the song at an awards ceremony, she can be contacted at Tracie.Walker@nhtsa.dot.gov.

Just What The Nation Needs, A CFC Hero

Lyrics by Tracie J. Walker • Sung to the tune of "Wind Beneath My Wings"

by Larry Henley and Jeff Silbar

It must have been cold
there in the shadows
Not even a place to call your own
Just looking for work throughout
the day, there's no way
Just let me say you're not alone.

So listen here while I tell this story
Of people to help you through the strain
We put up the posters all
around so you know it
It's the Combined Federal Campaign.

Do you ever know a CFC Hero
It's just what the nation needs—you see
Your pledges can help so many people
With CFC wind beneath their wings.

It might have appeared to go unnoticed
There's charities spread across the land
Coming together one by
one—for your neighbors
CFC's got a master plan.

So we're asking you to
make a pledge now
A glimmer of hope's what it will do
Just pulling together hand
in hand for our nation
They can do nothing without you.

So tell me you know a CFC hero
It's just what the nation needs—you see
The pledges can help so many people
With CFC wind beneath their wings.

Don't you want to be a CFC hero?
Contribute a dollar perhaps, maybe three
Then you, you can help so many people
With CFC wind beneath their wings.

So Fly, Try, Contribute—don't be shy
Humanity will love you and
say thank you, thank you
Thank God for you, my hero CFC.



What we do depends on you!

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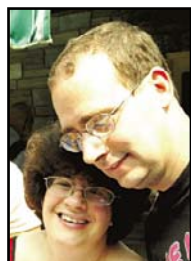
Federation is the hub of Jewish service agencies in our community. Because we partner with agencies worldwide, we are able to respond to the unexpected and maintain services that any of us might need without notice.

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**Designate
#8469**

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CFC #0600

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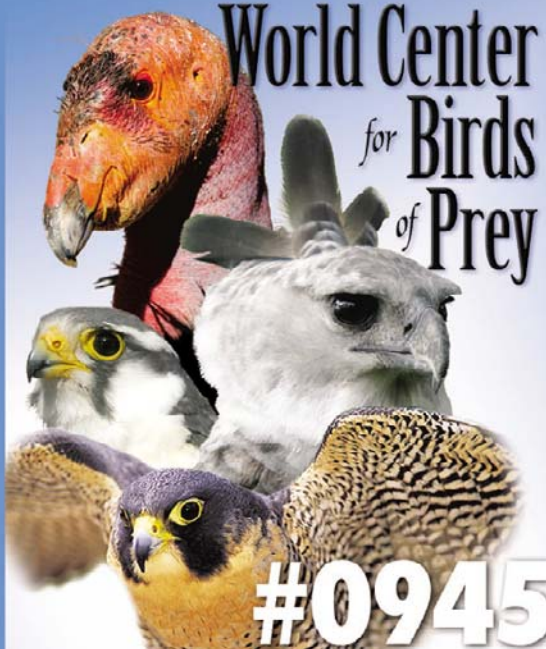
CFC# 0922

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Bat Conservation International.....	0970	Galapagos Conservancy, Inc.	
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Center for Health, Environment and Justice.....	0929	Izaak Walton League of Am	
Clean Water Fund.....	0903	Land Trust Alliance.....	
The Conservation Fund.....	0930	League of Conservation Vo	
Conservation International.....	0931	National Arbor Day Founda	
Defenders of Wildlife.....	0904	National Audubon Society.	
Earth Day Network.....	0947	National Parks Conservatio	
Earth Force, Inc.	0952	National Wildlife Federatio	
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Meet Tai Shan



On July 9, 2005, a giant panda cub was born at the Smithsonian's National Zoo. With fewer than 2,000 pandas remaining in the wild, each birth is significant to the species survival. You can help! With a CFC gift to Friends of the National Zoo you help scientists continue their important work to conserve giant pandas and other endangered species. Learn more at www.fonz.org. **(CFC # 0967)**

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Laughter in a Federal Employee's Heart

"CAN'T WALK OR TALK BUT CAN ALWAYS LAUGH."

That is the motto of Glenn Harwood, a 65-year-old Federal employee for the U.S. Small Business Administration (SBA). Throughout his 35 years of government service, Glenn has always believed in the Combined Federal Campaign (CFC). Glenn spent four years with the U.S. Coast Guard, and his entire civilian run with the SBA. Nearly 12 years ago, however, he began to learn how Federal employees' contributions to the CFC could pertain to his own life, and that realization led to his motto.

It was then that Glenn learned that he had amyotrophic lateral sclerosis (ALS), more commonly known as Lou Gehrig's disease. ALS is a disease that kills the motor neurons that control the body's muscles, eventually leading to paralysis. The senses and mental capacities, however, are not affected.

Muscle function deteriorates as the disease



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CFC #1561



progresses—Glenn first needed braces in order to walk, but now that the disease has progressed, he requires a motorized wheelchair. Even though he can no longer speak, his mind is as sharp as ever: voice synthesis technology allows Glenn to continue working at the SBA.

Glenn has received assistance from a CFC-

supported charity that helps people with ALS purchase equipment, such as wheelchairs, braces, or communication aids like his voice synthesizer. Thanks to funding donated through the CFC, this charity has been Glenn's main source of institutional support. The charity also organizes support groups for patients and their caregivers, offers public health education, funds research on the care and treatment of the disease, and sponsors clinical trials of drugs that might help people with ALS.

Once a week, Glenn sends what he calls "Glenn's Sunday Bulletin." It is not a typical newsletter about what is going on in his life, but instead is chock full of jokes, humorous stories, and items Glenn has found that he knows will bring a smile or chuckle to his family and friends. The bulletin is just one example of Glenn's spirit and positive outlook about life.

"I decided my best weapon in this battle would

be attitude," Glenn recently said. "I've met every challenge ALS has presented with an approach that's unbeatable: I can do it, I will do it. With that conviction, I have a full and rewarding life."

Never shy about sharing his experiences with ALS, Glenn was even selected to appear on the 34th annual

Jerry Lewis Telethon in 1999 to tell his story. He spoke about his hope that new treatments and, ultimately, a cure will be found.

Statistically, 90 percent of people with ALS die within five years of diagnosis—but Glenn has defied that statistic and continues to live his life to the fullest. Despite the fact that he was told he had only three to five years to live when he was first diagnosed, he has not

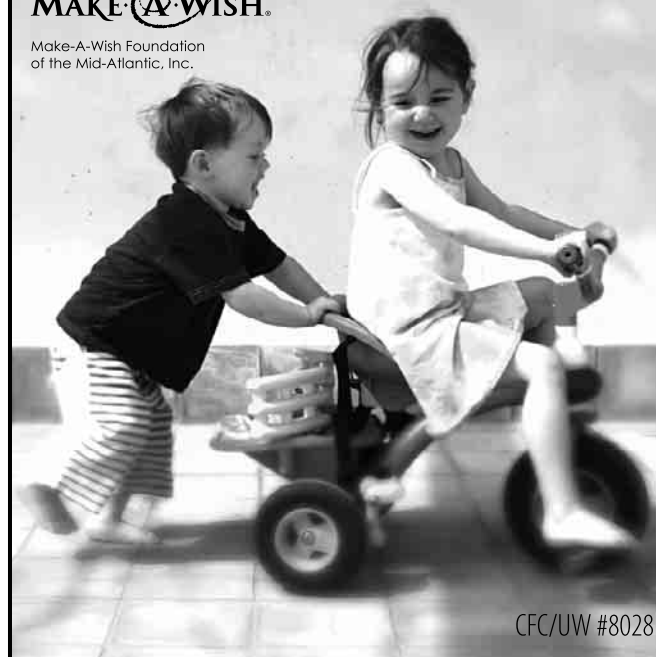
missed a day of work in 10 years and continues to find ways to get the most out of life. "I am truly blessed," said Glenn. "I was first diagnosed in January of 1994; I am working on 12 years. What keeps me going? That is simple: faith, family, drugs, and attitude."

That same optimism is evident when Glenn talks about the CFC and how its support has helped him keep living and laughing. Glenn appreciates the CFC and knows this will be another successful campaign. In fact, he is counting on it. ★

"What keeps me going? That is simple: faith, family, drugs, and attitude," says Glenn.

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CFC/UW #8028

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Combined Federal Campaign/United Way #8028

The Make-A-Wish Foundation® of the Mid-Atlantic, Inc. is a non-profit organization that fulfills the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. For more information, visit midatlantic.wish.org.



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CFC/United Way #8429



Frequently Asked Questions

What are the administrative costs for CFCNCA this year?

The LFCC approved a budget of \$5 million for this year. The budget is a fixed amount, not a percentage of funds raised. If we are successful in achieving our target of \$58 million raised, this budget would amount to less than 9 percent of revenues. The final fundraising cost percentage will be known when the campaign is complete and a final total has been reached.

What is unique about Global Impact's management of CFCNCA?

New technology: Electronic tools for the contributor will make it easier and more robust to search for charities on the CFCNCA website (www.cfcnca.org). A campaign helpline will answer any questions from Federal employees that may arise: (202) 465-7230.

CFC-e ®: is now underway across the Federal sector in this market. Using

CFC contributors will be able to fill out their CFC-e ® Pledge Card online and submit it to their Keyworker.

Management tools: Campaign management tools will make tracking, reporting, and processing the campaign faster and more efficient. A campaign toolbox on the internet brings stories, photos, publications, and more resources to the fingertips of campaign managers at more than 160 major accounts in all three branches of the Federal government.

Theme: This year's theme, "Be a Star in Someone's Life," with the added visual element of a new logo and new artwork, puts the focus of CFCNCA on two critical links: the contributor and the people and organizations that they want to help.

Recognition: The awards program for individual and unit recognition has been updated and refreshed.

How do I know that my gift gets to the charity I designate?

You have the option of asking that charity to acknowledge your gift. Check the appropriate box on your Pledge Card and your name will be released to the charity. Next spring, they will write to you acknowledging that gift.

Why isn't my favorite charity in the book?

Participation in the CFC is determined by either a local or national application process. Charities must apply in order to be included, so your favorite charity either has not applied or did not qualify. We suggest that you encourage your favorite charity to apply next year. Check the OPM website for the national procedures (www.opm.gov/cfc) or the CFCNCA website (www.cfcnca.org) for local procedures. The application period takes place locally from January through May.

What is the CFC policy on coercion?

CFC giving is voluntary and we

oppose coercion in any form. Our only objective is to assure that 100% of Federal employees in this area have the opportunity to make an informed choice whether to give. Only you can determine whether to give and how much you or your family can afford to donate to charity. If you feel you are being coerced into giving, you have the right to file a report using the channels outlined in the *2006 Catalog of Caring*. The LFCC and CFCNCA do not condone coercion under any circumstances. If you experience it, please report it.

If I give to charity directly, won't they get more money than if the CFC took a slice off the top?

Probably not. In nearly all cases, charities in the CFC have much higher fundraising costs on their own than they experience when they are part of a federated campaign like CFCNCA.

Continued on page 23

Lend a Helping Hand to the Defenseless Through Workplace Giving

For two decades the National Right to Life Educational Trust Fund has been the leader of a huge nationwide outreach to educate Americans about the grave threat posed to vulnerable people by abortion, infanticide and euthanasia. When you designate the National Right to Life Educational Trust Fund (agency #2844), your contribution enables us to be a voice for millions of innocent human beings who cannot speak for themselves.

This fall federal employees can contribute through the Combined Federal Campaign (CFC). Many state and local governments also offer employee campaigns. In addition, private sector and United Way employees can participate in workplace giving by pledging to:



National Right to Life Educational Trust Fund



Agency # 2844

Thank You!

Washington, DC 20004 • (202) 626-8800
email: nrlc@nrlc.org • www.nrlc.org



Please choose NICWA #2733 on your CFC form.



Protecting our Children
Preserving our Culture



NICWA

National Indian Child Welfare Association
Protecting our children • Preserving our culture

For \$5 per pay period, 12 tribes will get child abuse prevention kits.
For \$10 per pay period, 25 tribal workers receive two hours of instruction.
For \$25 per pay period, 560 tribal leaders receive a legislative alert.

For more information, contact NICWA at: (503) 222-4044 or visit us at www.nicwa.org



Government Agencies “Loan” Talent to CFCNCA

Raising \$58 million for charity is no easy chore and involves the special talents of many dedicated government employees. In the Combined Federal Campaign of the National Capital Area (CFCNCA), every Federal department appoints a Vice Chair and Campaign Manager to oversee the fund drive within their respective agency or department. To assist, 35 government executives are “loaned” to the CFCNCA by their home agency.

This elite corps of Loaned Executives (LEs) participated in an intensive two-week training program. Held at both the Georgetown University Conference Center and CFCNCA headquarters, LEs discussed fundraising techniques, project management, delivering presentations, and MANAGE, an online tool for campaign reporting, tracking, and ordering supplies and awards. New this year, LEs visited two CFCNCA charities: Disaster Operations Center of the National Headquarters of the Red Cross and Downtown Cluster’s Geriatric Daycare, Inc. The LE Class of 2006 graduation photo is above.

LEs are critical to the success of the campaign. They provide outstanding customer service, train campaign volunteers, and reach all employees with an informed opportunity to give to improve employee participation and increase average gift. With the LEs, CFCNCA expects to meet—and exceed—its \$58 million goal. ★

CFC Calendar

DATE	EVENT
September 26, 2006	Campaign Kickoff
November 9, 2006	Progress Report #1 Lunch (National Press Club)
December 7, 2006	Progress Report #2 Breakfast (National Press Club)
December 15, 2006	Public Campaign Concludes
January 26, 2007	Loaned Executive Recognition (Sam & Harry’s)
February 16, 2007	Awards & Communitywide Celebration (Ronald Reagan Building)
March 15, 2007	Charities Notified about Designated Totals and Donor Names
April 1, 2007	First Distribution of Funds to Charities and Federations

FEDERAL WORKERS

Have You Been a Victim of Job Discrimination?

Have You Been Denied a Promotion?

Tired of Having Your Tax Dollars Spent

on Fraud, Waste and Abuse?

**Designate Federal Employees Legal
Defense Fund, Inc. (FELDF)**

CFC 7982

**Through the Combined
Federal Campaign (CFC)
contributions FELDF helps
Federal workers enforce
federal civil rights
employment laws through
class action litigation.
Visit [http://
www.feldf.com](http://www.feldf.com)**



**Now funding the EEOC certified race-based
discrimination class action: *Janet Howard vs. Carlos M.
Gutierrez, Secretary-U.S. Department of Commerce***

1 in 2 school age children
in our nation’s capital is at risk of hunger.

For every \$1 donated to the Capital Area
Food Bank, 92 cents goes directly toward
food distribution and programs.



Photographed by Iwan

www.CapitalAreaFoodBank.org
CFC/United Way #8052
645 Taylor Street NE Washington, DC 20017
202.526.5344
6833 Hill Park Drive Lorton, VA 20079
703.541.3063



Be a Star in Someone's Life! Support CFC

We all have someone in our lives who has taught us, inspired us, and earned our admiration and respect. They stand in a spot-

light, even if it is one that only we can see. Those who provide charitable services have been a star in the lives of many, standing in a spotlight for those they serve because as volunteers, they donate their valuable time so others might benefit. As a Federal employee who lives and works in the Washington, DC area, you, too, are stars in someone's life. You serve the public every day. You defend our freedom, protect our natural resources, deliver our mail, and enforce our laws. Not only do you provide invaluable assistance through your work, you are among the most generous Americans in the Nation.

Last year, you and your colleagues pledged more than \$57.6 million for those who need your help. This year, we ask that you extend that commitment—and stand again in the spotlight—by donating to your favorite charities through the Combined

Federal Campaign of the National Capitol Area (CFCNCA). Through your contributions to CFC charities, you help make your neighborhood, your Nation, and your world a better place for everyone. Be a Star by filling out your Pledge Card and supporting the more than 3,000 local, national, and international charities participating in the 2006 campaign. Be a Star in Someone's Life! Support CFC.

Be a Star for a wide variety of charities. All charities that apply and meet the high standards of accountability and other requirements set by the U.S. Office of Personnel Management (OPM) are included in this campaign. These charities serve a range of human health and welfare causes from local concerns to national issues to health care problems, animal rights, and international relief and development.

Be a Star in Someone's Life by making an impact with your gift. CFC charities help people who really need it... your neighbor, a member of your family,



or someone halfway around the world.

When charities know that your payroll deduction gift will keep coming throughout the year, they can plan better to deliver their services more reliably to those in need.

Be a Star to make your gift go farther, thanks to the low cost of running the CFCNCA. By regulation, the campaign administrative budget is a fixed amount. Last year, less than 7 percent of the total funds raised were used to manage the campaign. This ratio is lower than nationwide average CFC fundraising costs of over 9.7 percent

and well below both the CFC regulation and the prevailing industry standard of 35 percent.

CFCNCA will be conducted with a fixed operating budget approved by the LFCC of slightly more than \$5 million. You can be confident in the oversight and management of the Combined Federal Campaign of the National Capital Area. CFCNCA is managed by a board composed of a diverse group of Federal employees called the Local

Federal Coordinating Committee (LFCC). In turn, the LFCC selects a charitable organization to implement the day-to-day operations of the campaign and to serve as its administrator. OPM regulations call this organization the Principal Combined Fund Organization (PCFO). Strict requirements guide the PCFO's operations.

For the fourth year, the LFCC selected Global Impact to manage CFCNCA. Global Impact, based in Alexandria, Virginia, has been a participating federation in the campaign since its inception in 1956.



because you care

YOUR SUPPORT SAVES LIVES
UW/CFC Campaign #8222



The Washington Humane Society
7319 Georgia Avenue, NW
Washington, DC 20012
202-BE-HUMANE
202-234-8628
WWW.WASHHUMANE.ORG

Our mission: To protect animals from cruelty and harm.



A place of healing.
A place of hope.

Your support for The Children's Inn at NIH helps provide a "place like home" for over 1,400 families each year whose children are outpatients at the National Institutes of Health.

Your \$75 donation provides a night at The Inn for one family.

CFC #9831
www.childrensinn.org



2006 Goal Set

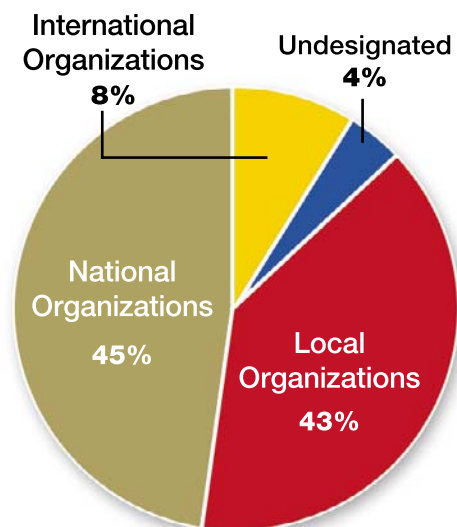
Last year, giving by Federal employees to the CFCNCA climbed for the third year in a row. Not only did Federal employees feel a renewed sense of confidence in workplace giving, but they also recommitted to help those most in need: The average donor's gift increased 2.9 percent. Federal workers in the Washington Metropolitan Area are stars every day through their participation in the CFCNCA and their generous donations.

This year, CFCNCA has set a goal of raising \$58 million. We are asking all employees who can give to participate by making a cash, check, or payroll deduction donation to the charity or charities of their choice. Put your gift to work every day for those in need. Be a Star in Someone's Life! Support CFC.

Expanded Online Giving

CFC-e™ is a powerful online way you can give to the charities of your choice. CFC-e™ provides flexible and powerful tools at your fingertips to select and learn about CFC charities and to designate

2005 CFCNCA Designations



your donations. To research charities participating in the 2006 campaign and to generate your Pledge Card online, go to the CFCNCA website (www.cfcnca.org) and click on the link to "Giving" and then "Search and Pledge."

You can search for charities in many different ways, including by name, four-digit

CFC code number, zip code, or key word. You can learn more about individual charities, build a personal list of favorite charities, and use the system to allocate payroll deductions or direct gifts to the charities of choice. After you finish your search, you must print out a worksheet of giving choices to use in filling out a paper Pledge Card or an actual pledge card already completed for you to sign and turn in to your Keyworker.

Advantages of Online Giving

Every Federal employee can use CFC-e™. This online system has numerous advantages.

- You can save a list of charities in a virtual "shopping basket" while you continue to research your selection.
- You can experiment with different gift amounts.
- You can give via cash, check, or payroll deduction.
- With one click at the end of the process, you can print out the two required copies of the OPM-approved Pledge Card to submit to your Keyworker, as

well as one to retain for your records.

• Your gift made online is automatically saved. A bar code on the Pledge Card will match your pledge with data in the computer system when the Pledge Card is scanned in processing. You are not required to sign in to browse charities. However, to save a list of charities between visits to the CFCNCA website, you can choose a confidential user name and password. No personal information is required. In fact, CFCNCA encourages you not to use your own name in the "user name" or "password" fields. On subsequent visits to the CFCNCA site, you can log in to retrieve your personal charity basket until your research is complete and you have made all your giving decisions.

Where the Money Goes

Most of the money contributed to CFCNCA is designated for specific charities by employees. Gifts from the 2005 CFCNCA were designated in the following categories:

- In 2005, the largest share of the campaign was designated to national organizations. They received more than

Continued on page 22



Working families often earn enough to be ineligible for government aid, but not enough to afford high-quality childcare. Working Families need your help. Please support Hopkins House.



CFC# 8114

FOUNDED 1939

"A Learning Center for Children and their Families."

1224 Princess St. Alexandria, VA 22314
www.hopkinshouse.org



CFC #1719

CANCER RESEARCH FUND

of the

**DAMON RUNYON-WALTER WINCHELL
FOUNDATION**

www.cancerresearchfund.org

1.877.722.6237

**Building a corps of brilliant
young scientists across
the nation committed
to finding new cures
for all cancers**

100%
of all CFC
contributions go
to cancer research



What Your Dollars Can Do

Each contribution has tremendous healing power. The following are some examples of common payroll pledge amounts per bi-weekly pay period that show how so little can do so much for so many

NATIONAL

\$100 PER PAY PERIOD

- Funds a week-long training for principals of public schools to learn and share best practices
- Provides a day's worth of meals for three local, hungry children who otherwise might not eat
- Prevents four families from being evicted from their homes

\$75 PER PAY PERIOD

- Restores disconnected utility service for 20 individuals
- Fits eyeglasses for 20 working men and woman who need to see to drive to work

\$50 PER PAY PERIOD

- Engages two at-risk youths in constructive after-school programming

- Helps to keep one HIV-positive youth connected to medical care

\$25 PER PAY PERIOD

- Provides 80 minutes of speech therapy for a child with autism
- Spays/neuters two cats or one dog owned by a low-income senior citizen
- Reconditions four hearing aids for a child who needs to hear in order to learn in school

\$10 PER PAY PERIOD

- Offers haircuts to 100 elderly poor living in facilities
- Creates a scholarship for a Federal employee to attend college or community college at night
- Provides a top of the line helmet and set of boots for a K9 search and rescue handler

\$5 PER PAY PERIOD

- Allows eight people living with HIV/AIDS to attend a community education program providing information on vital treatment and care, as well as

Two great ways you can help children lead healthy, happy lives



Landmines terrorize people even after wars are over and soldiers have moved on. Adopt-A-Minefield clears minefields, planting hope in place of fear, and making it safe for children and families to get back to their lives.



AIDS, TB and malaria kill millions needlessly each year. The Global Fund is the weapon through which the world fights back. Join us and help fund prevention and treatment efforts for these three deadly disease.

CFC #1255

CFC #1269



Learn more about these and other initiatives at www.unfoundation.org.

change



it's the chance for a future



Coptic Orphans
Helping Children
Survive & Succeed

www.copticorphans.org
703-641-8910



CFC#0677



American Red Cross

Together, we can save a life

Support your Local Red Cross Chapters

Alexandria	#8018
American Red Cross of the National Capital Area*	#8022
Arlington County	#8019
Loudoun County	#8020
Prince William	#8024

* District of Columbia, Prince George's County, Montgomery County, Fairfax County, and the cities of Fairfax/Falls Church



empowering them to improve their quality of life

- Provides 25 life skills educational packets, including pregnancy resources for young girls and women in need of assistance

INTERNATIONAL

\$100 PER PAY PERIOD

- Stocks a farm with two cows, two sheep, two goats, two pigs and enough chickensto lay more than two dozen eggs a day—enough to provide food and income to 10 families
- Provides 1,000 bed-nets to protect sleeping children from insects that spread malaria, a leading cause of death among children in Africa
- Covers the cost of hands-on training, technical assistance and low-cost start-up materials for a group of farmers at a small farm resource center in Nicaragua

\$50 PER PAY PERIOD

- Buys field and garden seed packages so 60 families in Angola can achieve food security
- Buys emergency medical supplies to aid 5,000 disaster victims for an entire month
- Supplies a year of tuition, school supplies and uniforms so a classroom of 18 students can learn the practical skills and knowledge that can help break the cycle of poverty

\$25 PER PAY PERIOD

- Secures a small loan for six rural women in Cambodia to start their own fish farms
- Helps to rebuild a house destroyed by an earthquake in El Salvador
- Buys a Supplementary Dry Feeding kit that contains equipment for mixing and distributing food, enough to feed 500 moderately malnourished children

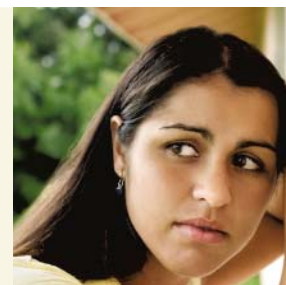
\$15 PER PAY PERIOD

- Provides a shelter kit containing a family-sized tent, ground sheet, iron poles, and four blankets to five families displaced by disaster
- Purchases a surgical kit containing essential instruments to carry out emergency examinations and basic surgery in the field
- Provides a village of 40 families with Basic Family Water kits for use during emergencies

\$5 PER PAY PERIOD

- Provides warm blankets for 12 displaced or refugee families in Asia
- Purchases transportation so a mobile health professional can bring vaccines to rural villages and protect vulnerable children from major childhood diseases
- Provides protein and income to farmers in Honduras/Dominican Republic by teaching them how to raise healthy pigs in countries where waste products are the only available feed

There's More to **Lupus** Than You Know



Diagnosed
with lupus,
age 19



First
Heart Attack,
age 35

Lupus is an autoimmune disease that causes inflammation and tissue damage to virtually any organ system in the body. While lupus affects mostly women of childbearing age, women and men of all ages and children can develop lupus. Its health effects can range from mild to life-threatening.

Call the Lupus Foundation of America at 888-38LUPUS or log on to our website at www.lupus.org to learn more.



CFC #0533



RESHAPING
LIVES
CREATING
FUTURES



Since 1995 **COVENANT HOUSE WASHINGTON** has been helping homeless youth reclaim their lives and their dignity through a comprehensive array of program services. We address the immediate needs of youth in crisis: shelter, food, and clothing. Through education, job training, and youth leadership development we are reshaping lives and creating futures for those often written off by society. Please join us as we work to help youth in crisis put the pieces of their lives back together again. Designate Covenant House Washington, **CFC # 1560.**

Covenant House Washington
2001 Mississippi Avenue, SE
Washington, DC 20020
202-610-9600
www.covenanthousedc.org



8 out of 10 women and children contracting the AIDS virus are people of color.

Please help the
AIDS Programs of the National Minority AIDS Council
make a difference.

CFC #: 2504

Web: www.nmac.org
Telephone: (202) 483-6622





Be a Star in Someone's Life! ... Continued from page 19

\$27.3 million (47.57 percent of the total campaign contributions). This is a 6.9 percent and \$1.9 million increase over the gifts to national charities in 2004.

- Local federations and organizations received more than \$22.9 million (42.54 percent). This included almost \$15 million (65.5 percent) to the United Way of the National Capital Area, the largest federation in the campaign, and its member organizations.

- International charities will share \$5.07 million in CFCNCA gifts (7.76 percent of the total campaign).

- Approximately \$2.29 million (3.97 percent of overall gifts) were not designated to a specific charity. According to CFC guidelines, these funds will be shared proportionately among all charities receiving designations. Only those charities receiving designations are allowed to receive undesignated funds.

Support Your Favorite Charity

Donors are encouraged to designate to the charity or charities of their choice. To

direct your gift to one or more of the charities or federations that appear in the 2006 *Catalog of Caring* for CFCNCA, look up the four-digit charity code that appears with the charity's description in the catalog listings. Then fill in the code number and the amount you wish to donate on your Pledge Card. See the inside back cover of this catalog for instructions on filling out your Pledge Card.

Please note that some charity codes may have changed this year. Always check the charity code by using the printed copy of the 2006 *Catalog of Caring* or the online charity descriptions at www.cfcnca.org.

Support a Type of Service

This year, each participating charity was asked to specify up to three categories which most closely identify the type of mission, services, and activities the charity provides. Each category has an alphabetical code, and those codes appear at the end of each charity's listing. For a key to the 26 different categories from which the charities could choose, see page 2 in this year's catalog.

Let Your Charity Know You are a Star

The charities you designate would like to show their appreciation for your gift. To receive a thank-you from your designated charities, you have the option to supply your complete name and address or e-mail address in the box labeled Recognition Options on your Pledge Card. With your permission, CFCNCA will supply this information to the federations and charities you selected next March. (In accordance with OPM guidance, CFCNCA cannot release the amount of your charitable gift.) If you designated to charities that are affiliated with federations, the federations notify their member charities of your contribution sometime after CFCNCA provides the list of names for their member charities.

Campaign Information

Keep up-to-date. Visit the CFCNCA website (www.cfcnca.org) to stay abreast of the campaign's progress and find information on charities participating in the campaign.



For the complete campaign stewardship report from last year, visit our website at www.cfcnca.org. Check the CFCNCA website for the only official online list of charities participating in the CFCNCA.

Please Help Today

You learn about the special needs of others every night on the evening news. You read about them in the morning paper. You hear about them on talk radio. Now you can do something to help, something to become a part of the solution. Your gift to CFC charities works every day to help those in need. Be a Star in Someone's Life! Support CFC.

The charities listed in this catalog passed rigorous local and national scrutiny in order to participate in the CFC. Please make your choices and give generously through the 2006 CFCNCA campaign.★



8406. AMEN.

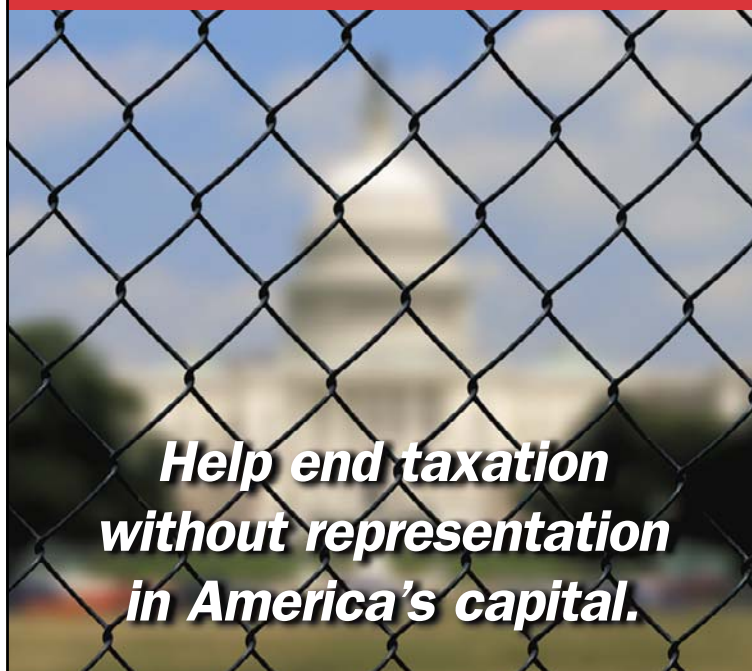
ARLINGTONIANS MEETING EMERGENCY NEEDS

Now in our 31st year, AMEN helps hundreds of families each year with rent and financial assistance, clothing, prescription drugs, and furniture. Every dollar goes to work for those Arlington residents in emergency situations. Please help today.

CFC and United Way Designation #8406

www.emergencyneeds.org • PO Box 7429 Arlington, VA 22207

Residents of Washington, DC, pay the highest per capita federal income taxes in the nation. Yet, they are denied voting representation in Congress.



*Help end taxation
without representation
in America's capital.*

DC  vote

www.dcvote.org CFC #7240



FAQs ... Continued from page 16

People give more than three to four times as much through payroll deduction than they do when making a direct cash gift.

So charities stand to gain on three fronts:

1. Funds they receive through CFCNCA are often greater than when people give directly.
2. Administrative costs of generating a gift through CFC are lower than if they had to generate that gift independently.
3. The charity receives a share of the undesignated funds.

What is the role of a federation?

A federation is an organization that provides administrative, marketing, and operational support for a group of individual charities. For these services, the member charities typically pay some kind of fee (often a percentage of their receipts) for the services provided by the federation. Many individual charities believe that this is more cost-effective than doing these tasks internally.

What role does United Way have in this campaign?

The United Way of the National Capital Area is both a CFC charity and charitable federation, which means it meets OPM's standards for participation and can receive contributions from the campaign. That is UWNCA's only role in the CFC campaign. They do not have a role in running the campaign.

What is the Combined Federal Campaign (CFC)?

The CFC is the only national authorized workplace giving drive of employees in the Federal workplace for charitable organizations. The Combined Federal Campaign of the National Capital Area (CFCNCA) is the local campaign for Federal employees in the Washington, D.C. area.

What is the purpose of the CFC?

The purpose of the CFC is to support and promote philanthropy through a program that is employee-focused, cost-efficient, and effective in providing all Federal employees the opportunity to improve the quality of life for all.

Why have a CFC?

The annual fundraising campaign helps support a variety of health, human, and other services provided by local, national, and international charitable agencies. This single campaign is one of the most cost-efficient fundraising methods available. It succeeds because volunteers from the Federal workforce combine their resources for one coordinated appeal.

How important is the CFCNCA Campaign?

You are part of the most significant philanthropic campaign in the world. The CFCNCA is the largest regional program in the entire CFC system, the largest workplace giving campaign in the world. Thousands of charities in Washington, throughout America, and around the world depend upon your generosity for their very existence. Last year, you and your coworkers gave more than \$57.6 million to charitable agencies. These charities provide services to every part of our community, and touch every one of our lives. Funding from the CFCNCA is one of the most important sources of revenue for these charities, since your payroll deduction pledges provide a steady income stream throughout the year that helps keep their core programs operating. In short, you've got the power to make our community, nation, and world a better place.

How do I give to CFCNCA?

The most common method of making a donation is by filling out the traditional paper Pledge Card and having the amount that you choose deducted from each paycheck. You may also use the Pledge Card to make a donation by check or cash. This year, you can use the CFCNCA website to help in the pledge process, and in departments or agencies that are part of the CFC-e™ program you'll be able to print your Pledge Card on line. Some agencies also make it possible for employees to take part in the CFC through their internal network. Choose the method that is best for you! ★

Spinal Cord Injury Network

(SCI Network)

Washington, DC Regional Chapter

CFC #6025

www.spinalcordinjury.net



***Providing support and services to people
with spinal cord and other injuries.***

- ❖ Assist returning war veterans
- ❖ Encourage sports for the disabled
- ❖ Conduct Disability Awareness Programs
- ❖ Support higher education and community involvement
- ❖ Encourage kids to avoid drugs, alcohol and violence

Help give rape victims a fair shake.



Crimes of rape and sexual assault are devastating for the victims. Only a small percentage of survivors ever report the crime, and when they do, they are often re-victimized by the criminal justice system. We are changing that. *End Violence Against Women (EVAW) International* trains police and other professionals all across the country in proper techniques to investigate sex crimes while being compassionate to the victims, so that when a victim of sexual assault does report, she gets a fair shake.

www.evawintl.org • CFC#1151



Sgt. Joanne Archambault
(Ret. San Diego PD),
Founder and Executive Director

End Violence Against Women International

NOW SHOWING

a Combined Federal Campaign production...

CFC

Be a Star in someone's life! Pledge today to help your favorite charities.

The 2006 Combined Federal Campaign starts today!
Our goal is \$58 million. Let's make this year a blockbuster!



COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA
202.465.7200 • www.cfcnca.org